ᑎᓴᒪᑦ ᒪᓕᒃᑕᐅᕙᓪᓕᐊᔪᓐᓇᖅᑐᑦ ᐱᑕᖃᖅᑎᑦᑎᑦᑕᐃᓕᒪᓗᓂ ᓂᕿᓂᙵᖅᑐᓂᒃ ᖃᓂᒪᓕᕐᓇᖅᑐᓂᒃ

1 ᓂᒡᓕᓇᖅᑎᓪᓗᒍ

ᐊᑐᖅᑕᐃᓕᓗᒍ ᖁᐊᖅᓵᕐᓇᖅᑐᒦᓕᖅᑎᑦᑎᔪᓐᓇᖅᑐᖅ. ᖁᐱᕈᐃᑦ ᐱᕈᐊᓚᓴᖅᐊᒃᑐᑦ ᐆᓇᕐᓂᕐᓂ ᐅᑯᐊ ᐊᑯᓐᓂᖏᓐᓂ 4°C (40°F) ᐊᒻᒪᓗ 60°C (140°F).

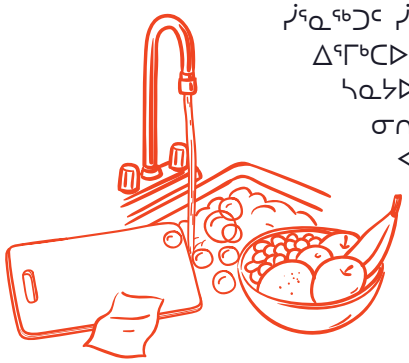
- ᖁᐱᕈᐃᑦ ᐱᕈᖅᐸᓪᓕᐊᑦᓚᓴᓲᖑᕗᑦ ᐃᒡᓗᕈᓯᐅᑉ ᐆᓇᕐᓂᓇᔭᖓᓂ. ᓂᕿᑦ ᐃᓕᕙᒡᓗᒋᑦ ᐃᒍᓇᖅᐸᓪᓕᐊᑐᐃᓐᓇᓇᐊᓖᑦ, ᓱᕈᖅᐸᓪᓕᐊᑐᐃᓐᓇᓇᐊᓖᑦ ᓂᒡᓕᓇᖅᑐᒃᑯᕕᖕᒥ ᖁᐊᒃᑯᕕᖕᒥᔫᓐᓃᑦ ᓂᐅᕕᐊᓪᓚᓚᐅᕐᓗᒋᑦ 1-ᒥᑦ-2-ᓄᑦ ᐃᑲᕋᓄᑦ.
- ᓂᕿᑦ ᓂᒡᓕᓇᖅᑐᑦ ᓂᒡᓕᓇᖅᑎᐸᐸᒡᓗᒋᑦ. ᐋᖅᑭᒃᓗᒍ ᓂᒡᓕᓇᖅᑐᒃᑯᕕᑦ 4ºC (40ºF)-ᒧᑦ ᖁᐊᒃᑯᕕᓪᓗ -18ºC (0ºF)-ᒧᑦ.
- ᐊᐅᒃᓲᕙᖏᓪᓗᑎᑦ ᓂᕿᓂᒃ ᐃᒡᓗᕈᓯᐅᑉ ᐆᓇᕐᓂᖓᓄᑦ. ᐊᐅᒃᓲᕙᒡᓗᑎᑦ ᓂᕿᓂᒃ ᓂᒡᓕᓇᖅᑐᒃᑯᕕᖕᒥ, ᐆᑦᑎᐊᓚᔪᒥ, ᓂᒡᓕᓇᖅᑐᒧᓪᓗᓐᓃᑦ ᐃᒪᕐᒧᑦ (ᐃᒪᖓ ᐊᓯᔾᔨᖅᐸᒡᓗᒍ 30 ᑎᑦᑕᑯᓗᐃᑦ ᐊᓂᒍᑐᐊᕌᖓᑕ). ᓂᕿᑦ ᐊᐅᒃᓯᐊᖑᔪᑦ ᐆᑦᑎᐊᓚᔪᒥ ᐆᑕᐅᓯᑲᐅᑎᒋᓪᓗᐊᖅᐳᑦ.
- ᓂᓇᔭᒃᓴᐅᑦ ᓂᓇᔭᐅᓯᑲᐅᑎᒋᕙᒡᓗᒋᑦ, ᓂᒡᓕᓇᖅᑐᒃᑯᕕᖕᒧᐊ ᖅᐸᒡᓗᖏᓪᓗ ᖁᐊᖅᓯᐊᓇᕙᒡᓗᒋᓪᓗᓐᓃᑦ ᓱᕈᖅᐊᓪᓕᐊᔭᑦᑐᑦ ᓂᕿᑦ, ᓴᓇᓯᒪᕙᑏᖅᑐᑦ ᓂᕿᑦ (ᓲᕐᓗ ᑎᒋᓴᖅᑕᐅᓯᒪᔪᑦ ᓂᓇᕝᕕᖕᒥᑦ) ᐊᒥᐊᒃᑯᕐᓗᑯᐃᓪᓗ ᐃᑲᕐᕋᒃ ᒪᕐᕉᒃ ᐃᓗᐊᓂ. ᓂᕿᓂᒃ ᐃᒡᓗᕈᓯᐅᑉ ᐆᓇᕐᓂᖓᓃᑎᑦᑎᑦᑕᐅᓕᒪᕙᒡᓗᒋᑦ ᐅᑯᐊ ᐊᑯᓐᓂᖏᓐᓂ 4ºC (40ºF) ᐊᒻᒪᓗ 60ºC (140ºF).

2 ᓴᓗᒻᒪᖅᓴᖅᐸᒡᓗᑎᑦ

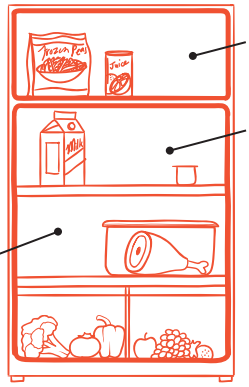
ᖁᐱᕈᐃᑦ ᓯᐊᒻᒪᒃᐸᓪᓕᐊᔪᓐᓇᖅᑐᑦ ᓂᕿᓕᐅᕐᕕᓕᒫᒥ. ᓴᓗᒻᒪᖅᓴᐃᒐᔪᖕᓂᖅ ᑕᐃᒪᐃᑎᑦᑎᑦᑕᐃᓕᒪᔾᔪᑕᐅᔪᓐᓇᖅᑐᖅ.

- ᐊᒡᒐᑎᑦ ᐃᕐᒥᓐᓇᐅᔭᕐᓗᒋᑦ ᐃᕐᒥᐅᑎᒧᑦ ᐆᓇᔪᒃᑐᒧᓪᓗ ᐃᒪᕐᒧᑦ 20-ᐸᓗᖕᓄᑦ ᑎᑦᑕᑯᓗᖕᓄᑦ ᑎᒍᓇᓚᐅᙱᓐᓂᕐᓂ ᑎᒍᓈᓂᒃᓯᒪᓕᕋᖕᒐᕕᓪᓗ ᓂᕿᓂᒃ, ᐊᓇᕐᕕᖕᒥᕋᓂᒃᑳᖕᒐᕕᑦ, ᖁᐃᖕᒋᓕᓴᕐᓂᒃ ᐊᓯᔾᔨᖅᓯᐊᓂᒃᑳᖕᒐᕕᑦ, ᑎᒍᐊᓇᔭᐅᔪᓂᒡᓗ ᑎᒍᓈᓂᒃᑳᖕᒐᕕᑦ.
- ᓴᓗᒻᒪᖅᓴᖅᐸᒡᓗᒋᑦ ᖁᐱᕈᕐᑲᕈᓐᓃᖅᑎᐸᐸᒡᓗᒋᓪᓗ ᑭᐳᐃᑦ ᖃᖕᒋᑦ, ᐊᒡᒍᐃᕝᕕᑦ, ᓂᕿᓕᐅᕈᑏᑦ, ᐅᑎᐅᒍᓪᓗ, ᐆᓇᔪᒃᑐᒧᑦ ᐃᒪᕐᒧᑦ ᐃᕐᒥᐅᑎᒧᓪᓗ, ᓂᕿᓕᓇᔪᖅᑲᓚᐅᙱᓐᓂᖓᓂ ᓂᕿᓕᓇᔪᖅᑳᓂᒃᓯᒪᓕᕋᖕᒐᓪᓗ. ᓴᙱᙱᑦᑐᒥᒃ ᔭᕕᒃᓯᖅᑲᕐᓗᓂ-ᐃᒪᖅᑲᕐᓗᓂ ᓴᓇᓯᒪᔪᒥᒃ (5 ᒥᓕᓕᑕᓂᒃ/1 ᐊᔫᑎᕋᓛᕐᒥᒃ ᐃᒡᓗᒥᐊᑕᕐᒥᒃ ᔭᕕᒃᓯᒥᒃ 750 ᒥᓕᓛᑕᓄᑦ/3-ᓄᑦ ᐃᕝᕙᓯᕐᓄᑦ ᐃᒪᕐᒧᑦ), ᐊᑐᖅᑕᐅᔪᓐᓇᖅᑐᖅ ᖁᐱᕈᕐᑲᕈᓐᓃᖅᑎᑦᑎᓂᕐᒥᒃ.
- ᐃᕐᒥᒃᐸᒡᓗᒋᑦ ᓂᕐᓇᓯᓄᑦ ᐃᕐᒥᒃᓯᔾᔪᑕᐅᔭᒃᑐᑦ ᖃᐅᑕᒫᑦ ᓯᐊᒻᒪᒃᐸᓪᓕᐊᖁᓇᒋᑦ ᖁᐱᕈᐃᑦ. ᐊᑐᖅᑐᖃᖅᑕᐃᓕᓕ ᐃᒪᕐᒥᒃ ᒥᓪᓗᐊᖅᓯᕙᒃᑐᓂᒃ ᐃᕐᒥᒍᑕᐅᕙᒃᑐᓂᒃ, ᑕᒪᒃᑯᐊ ᐊᔪᕐᓇᕐᓂᖅᓴᐅᕙᖕᒪᑕ ᓴᓗᒪᑎᑦᑕᓇᐊᒃᓴᖅ.

- ᑕᒪᕐᒥᑦᑎᐊᖅ ᐱᕈᖅᓯᐊᑦ ᓲᕐᓇᖅᑐᑦ ᓲᕐᓇᙱᑦᑐᓪᓗ ᐃᕐᒥᒃᑕᐅᔭᓇᐊᖃᖅᐸᒃᐳᑦ ᓴᓇᔭᐅᕙᓪᓕᐊᓚᐅᙱᓐᓂᖏᓐᓂ ᓂᓇᔭᐅᓚᐅᙱᓐᓂᓗᓐᓃᑦ. ᐊᒃᓱᕈᑎᙱᓪᓗᒋᑦ ᐊᒃᓴᓕᒃᓗᒋᑦ ᓲᕐᓇᖅᑐᑦ ᓲᕐᓇᙱᑦᑐᓪᓗ ᐱᕈᕐᓂᑯᐃᑦ ᐃᒪᕐᒧᑦ ᑯᕙᕙᓪᓕᐊᔪᒧᑦ.



ᖃᓄᖅ ᓂᕿᓂᒃ ᓂᒡᓕᓇᖅᑐᒃᑯᕕᖕᒥᑎᑦᑎᖃᑦᑕᕆᐊᖃᖅᐸ



ᖃᐊᒃᑯᕕᒋᔭᕕᑦ ᓂᒡᓕᓇᕐᓂᖓ -18°C- ᒥᑎᓪᓗᒍ (0°F).

ᓂᒡᓕᓇᖅᑐᒃᑯᕕᒋᔭᐃᑦ ᓂᒡᓕᓇᕐᓂᖓ 4ºC- ᒥᑎᓪᓗᒍ (40°F).

ᒥᑭᒐᐃᑦ ᓂᕿᑦ ᒪᑐᓯᒪᔪᓃᑎᑉᐸᒡᓗᒋᑦ ᐳᕐᓂ ᕿᓪᓚᔪᑭᐊᓂᔫᓐᓃᑦ ᐳᕐᓂ ᐊᐅᒃᑕᔫᓂᒡᔫᓐᓃᑦ ᐳᕐᓂ ᖁᓕᕈᐊᖕᒋᓐᓂ ᐊᑦᑎᓛᓂ.

3 ᐊᕕᒃᓯᒪᑎᑉᐸᒡᓗᒋᑦ

ᒥᑭᒐᐃᑦ ᓂᕿᑦ, ᐊᕿᒐᒋᕐᔪᐊᑦ, ᐃᒪᕐᒥᐅᑕᐃᑦ ᐃᔅᓴᖕᒋᓪᓗ ᐃᓛᒃᑰᖓᑎᑉᐸᒡᓗᒋᑦ ᓂᕿᓂᑦ ᐆᑕᐅᔾᔭᖕᒋᑦᑐᓂᑦ.

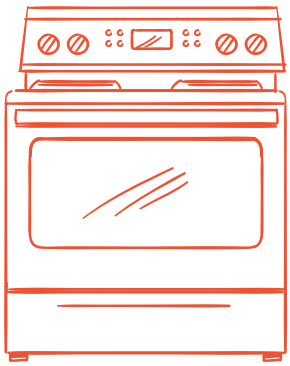
- ᓂᕿᑦ ᒥᑭᒐᐃᑦ, ᑎᖕᒥᐊᑦ, ᐃᒪᕐᒥᐅᑕᐃᓪᓗ ᐃᔅᓯᖕᒋᓪᓗᓐᓃᑦ ᐊᑐᐊᑎᑦᑕᐃᓕᕙᒃᓗᒋᑦ ᐊᓯᖕᒋᓐᓄᑦ ᓂᕿᓄᑦ ᓂᕿᓄᑦ ᓂᐅᕕᕐᓂᐊᖅᑕᕐᓅᕝᕕᒋᕙᓪᓕᐊᔭᕐᓄᑦ, ᓂᐅᕕᖅᑕᕐᓄᑦ ᐆᕐᓄ ᓂᒡᓕᓇᖅᑐᒃᑯᕕᖕᒧᓪᓗᓐᓃᑦ. ᑖᓐᓇ ᒪᓕᒃᑕᐅᕙᒃᑐᖅ ᐊᑐᕐᒥᕗᖅ ᓂᕿᓕᐅᕐᓂᐊᕐᓗᓂ ᓂᕆᑎᑦᑎᓂᐊᕐᓗᓂᓗ.
- ᐃᓕᓯᒪᕙᒃᓗᒋᑦ ᒥᑭᒐᐃᑦ ᓂᕿᑦ ᒪᑐᓯᒪᔪᓂ ᐆᕐᓂ ᕿᓪᓚᔪᑭᐊᓂᔫᓐᓃᑦ ᐆᕐᓂ ᖁᓕᕈᐊᕐᓂ ᐊᑦᑎᓛᓂ ᓂᒡᓕᓇᖅᑐᒃᑯᕕᖕᓂ ᐃᔅᓯᖕᒋᑦ ᑯᑐᒃᑎᑦᑕᐃᓕᒪᔪᒪᓗᒋᑦ ᐊᓯᖕᒋᓐᓄᑦ ᓂᕿᓄᑦ.
- ᐃᓕᓚᐅᖅᓯᒪᖕᒋᑦᑎᐊᕐᓗᒋᑦ ᓂᕿᑦ ᐆᓯᒪᔪᑦ ᐃᕐᒥᒃᓯᒪᖕᒋᑦᑐᒧᑦ ᓂᓇᕝᕕᖕᒧᑦ ᓂᕿᒧᑦ ᐆᓯᒪᖕᒋᑦᑐᒧᑦ ᐊᑐᖅᑕᐅᓵᓚᐅᖅᑐᒧᑦ, ᐊᕿᒐᒋᕐᔪᐊᒧᑦ, ᐃᒪᕐᒥᐅᑕᓄᑦ, ᒪᓐᓂᖕᓄᓪᓗᓐᓃᑦ.
- ᐊᑐᖅᐸᒡᓗᑎᑦ ᐊᑕᐅᓯᕐᒥᒃ ᐊᒡᒍᐃᕝᕕᖕᒥᒃ ᐱᕈᖅᑐᕕᓂᕐᓄᑦ, ᐊᓯᐊᓂᒡᓗ ᐊᑐᖅᐸᖕᒥᓗᑎᑦ ᓂᕿᓄᑦ ᐆᓯᒪᖕᒋᑦᑐᓄᑦ, ᑎᖕᒥᐊᓄᑦ ᐃᒪᕐᒥᐅᑕᓄᓪᓗ.

4 ᐆᐸᐸᒡᓗᒋᑦ

ᖁᐱᕐᕈᐃᑦ ᐋᓐᓂᐊᓕᕐᓇᖅᑐᑦ ᐆᒪᔪᓐᓇᖅᑐᑦ ᐃᓚᖏᓐᓂ ᓂᕿᓂ ᐊᐃᐸᒃᐸᑕ.

- ᓂᐅᕕᖅᑕᐃᓂᑯᑦ ᓂᕿᑦ ᑎᖕᒥᐊᓪᓗ, ᒪᓐᓂᓂᖕᒐᖅᑐᑦ, ᓂᕿᓂᒃ ᐃᓚᓯᒪᔪᑦ, ᐊᒥᐊᒃᑯᕐᓗᑯᐃᓪᓗ ᐆᑕᐅᖏᓐᓇᐅᔭᕆᐊᖃᖅᐳᑦ ᐃᓗᖕᒋᑕ ᐆᓇᕐᓂᖏᑦ ᐆᓇᖅᓯᑦᑎᐊᕐᓗᑎᒃ ᑐᕐᑯᕋᐃᔪᓐᓇᕐᓗᑎᒃ ᖁᐱᕐᕈᓂᒃ. ᐊᑐᖅᐸᒡᓗᑎᑦ ᓂᕿᓄᑦ ᐆᓇᕐᓂᖏᓐᓄᑦ ᖃᐅᔨᓴᐅᒻᒥᒃ ᖁᐊᖅᓴᕐᓇᖕᒋᑦᑐᒧᓪᓗ ᐃᓗᐊᑕ ᐆᓐᓂᖓᓄᑦ ᐆᓇᕐᓂᕆᔭᖏᓐᓄᑦ ᒪᓕᒃᑕᐅᕙᓪᓕᐊᓇᔭᖅᑐᒥᒃ (ᐊᑖᓃᑦᑐᒥᒃ) ᖃᐅᔨᒪᔪᒪᓂᕐᒧᑦ ᑖᒃᑯᐊ ᓂᕿᑦ ᐆᓯᒪᓕᕋᓗᐊᕐᒪᖔᑕ ᖁᐱᕐᕈᖏᑦ ᑐᕐᑯᕋᑦᑎᐊᕋᓗᐊᕐᒪᖔᑕ.
- ᐆᑦᑎᐊᖅᐸᒡᓗᒋᑦ ᓯᖃᓕᓯᒪᔪᑦ ᓂᕿᑦ. ᑕᖅᓴᖏᑦ ᐊᑐᖅᑕᐅᒍᑎᒃ ᓈᒻᒪᖕᒋᓚᑦ ᑕᒪᓐᓇ ᓂᕿ ᐅᓯᒪᑦᑎᐊᓕᕐᓂᖓᓂᒃ.
- ᓂᕿᑦ ᐆᓇᖅᑐᑦ 60ºC (140˚F)-ᒥᑎᑉᐸᒡᓗᒋᑦ ᖁᓛᓂᓗᓐᓃᑦ.
- ᐃᓚᓕᐅᔭᐅᕙᒃᑐᑦ ᖃᖕᒋᓐᓄᑦ, ᖃᔪᒃᓴᐃᑦ ᖃᖓᓄᐊᖅᑕᐅᒃᑲᓐᓂᖅᐊᒃᑐᓪᓗ ᖃᓛᖅᑎᑉᐊᒡᓗᒋᑦ ᐆᓇᖅᓯᑎᑕᐅᒃᑲᓐᓂᕋᖓᑕ.

ᖁᐊᖅᓵᕐᓇᖕᒋᑦᑐᑦ ᐃᓗᐊᓂ ᐆᓇᕐᓂᖏᓐᓄᑦ ᐊᑐᖅᑕᐅᔪᓐᓇᖅᑐᑦ



ᐃᒻᒧᒃᓯᐅᒐᓂᖕᒐᖅᑐᑦ ᓯᐱᓂᖕᒐᖅᑐᓪᓗ
ᓯᖃᓪᓕᓯᒪᔪᑦ:71°C (160°F)
ᓴᕐᑐᔭᒐᐃᑦ ᐃᒐᐅᓪᓗ ᐃᓗᐊᓃᑦᑐᑦ: 63°C (145°F)

ᐊᕿᒐᒋᕐᔪᐊᑦ ᐊᕿᒐᒋᕐᔪᐊᕐᔪᐊᓪᓗ: 82°C (180°F)

ᑰᑰᓯᓂᖕᒐᖅᑐᑦ: 71°C (160°F)

ᐃᖃᓗᐃᑦ ᐃᒪᕐᒥᐅᑕᐃᓪᓗ ᐅᕕᓗᕈᔪᐃᑦ: 74°C (165°F)

ᐊᒥᐊᒃᑯᕐᓗᑯᐃᑦ ᓂᕿᓂᒃᓗ ᐃᓚᓯᒪᔪᑦ: 74°C (165°F)

ᓂᕿᓂᒃ ᑲᒪᑦᑎᐊᖕᒋᓐᓂᐅᕙᒃᑐᑦ ᐊᖏᕐᕋᕆᔭᐅᔪᓂ ᐊᑐᖅᑕᐅᒐᔪᖕᓂᖅᓴᐅᔭᒃᐳᑦ ᐃᓄᐃᑦ ᐃᓱᒪᒋᕙᒃᑕᖏᓐᓂᑦ. ᐅᑯᐊ ᖁᐊᖅᓵᕐᓇᖅᑕᐃᓕᒪᔾᔪᑏᑦ ᒪᓕᒃᐊᒡᓗᒋᑦ ᓂᕿᓕᕆᔪᖅᑲᓕᕋᖓᑦ ᐃᓕᖕᓂᒃ ᐃᓚᖕᓂᒡᓗ ᓴᐳᑎᓯᒪᔪᒪᒍᕕᑦ ᓂᕿᓂᕈᖅᑐᓂᑦ ᐋᓐᓂᐊᓕᕐᓇᖅᑐᓂᑦ.

ᑐᓴᖅᑕᖅᑲᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᖃᐅᔨᒋᐊᕐᕕᒋᓗᒍ ᐊᕕᒃᓯᒪᓂᓯ ᐊᕙᑎᒧᑦ ᖃᓄᐃᖕᒋᑦᑎᐊᕈᓐᓇᕐᓂᕐᒧᑦ ᐱᓕᕆᔨᒋᔭᓯ.

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