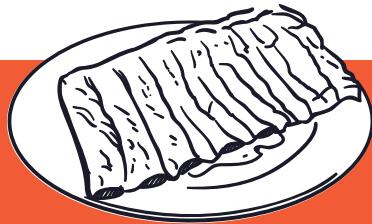


# Thawing Foods Safely



It is best to thaw foods in their original packaging in one of the following ways:

## In the refrigerator

Most Preferred

Thaw foods on a tray in the bottom of the refrigerator. Make sure raw meat juice does not touch ready-to-eat foods.

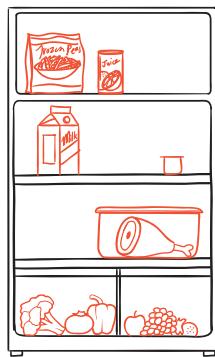
**Time:** 10 hours for every kilogram to thaw

### Advantages:

- Safest way to thaw foods
- Foods thaw evenly
- No color or texture change

### Disadvantages:

- Requires time and planning



## In Microwave

Least Preferred

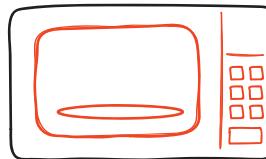
**Time:** Variable

### Advantages:

- Quick

### Disadvantages:

- Uneven thawing
- Colour changes
- Texture changes



Foods thawed in the microwave must be cooked immediately after thawing!

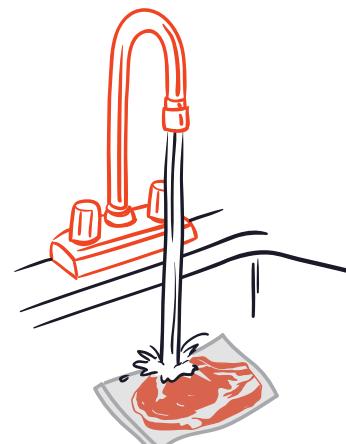


Do not thaw frozen foods at room temperature.

## In cold water

In the sink or in a deep container, cover food completely with cold (4°C or below) water. Change the water often, at least every 30 min. Ensure sink or container is cleaned before and after thawing.

**Time:** 2 hours for every kilogram to thaw



### Advantages:

- Safe
- Foods thaw evenly
- Fairly fast

### Disadvantages:

- Requires available sink or container for thawing
- Uses a lot of water
- Time required to clean sink or container before and after thawing



Generally, foods should not be refrozen. An exception may be when the food item is not fully thawed (still contains ice crystals or is still very cold, i.e. well below 4°C).