

SAFE FOOD PRACTICES



FREEZING

- Food must be room temperature or colder
- Freeze foods in a tightly sealed container with the least amount of air possible
- Be sure to label and date each item before freezing



REFREEZING

- Maximum number of times: 2
- Do not refreeze if the product has spent 2 or more hours at room temperature
- Keep in mind that the quality of the product may be affected by refreezing

- Divide food into smaller portions to cool faster
- If possible, use an ice water bath (equal parts ice to water) to accelerate the cooling process
- Food must be below 40°F within 4 hours to limit bacteria growth



COOLING



REHEATING

- Reheat food to an internal temperature of 165°F
- Do not consume lukewarm food. Cold foods should be eaten cold and hot foods should be eaten hot.

THAWING FOOD PROPERLY

- Speed: slow
- Number of days: 2-5
- Method: Place frozen product in a bowl or pan in the refrigerator until fully thawed
 - Thawing time will vary based on the size/volume of the product

REFRIGERATOR



COLD WATER

- Speed: fast
- Number of days: <1
- Method: In a sink, place the frozen product in a bowl and run a slow, continuous stream of cold water over the item until thawed.

- Speed: fast
- Number of days: <1
- Method: Using the defrost setting, microwave the frozen item until fully thawed
 - This method should only be used if the product will be cooked immediately

MICROWAVE

NOTES

- Never thaw food by leaving it out on the counter. This promotes bacteria growth and can cause foodborne illnesses.