

Thawing Food Guidelines

Handgards®

Method	Guidelines	Solution
Refrigeration + Cross Contamination	Thaw food in a cooler, keeping its temperature at 41°F (5°C) or lower	Make sure fruit and vegetables do NOT touch surfaces exposed to raw meat, seafood, poultry.
Running Water + Washing	Submerge food in cold, running water: <ul style="list-style-type: none">• Use a strong flow to wash away loose bits.• Always use a clean and sanitized food prep sink when thawing food this way• NEVER let the temperature of the food go above 41° (5°C) for longer than 4 hours. This includes the time it takes to thaw the food plus the time it takes to prep or cool it.	Washing produce thoroughly under running water, before cutting and cooking: <ul style="list-style-type: none">• water should be a little warmer than produce• Pay special attention to leafy greens , remove outer leaves• Certain chemicals may be used to wash fruits and vegetables such as water containing ozone
Microwave + Partial Cooking	Thaw food in a microwave oven if it will be cooked immediately after thawing: <ul style="list-style-type: none">• Meat, seafood, poultry must be cooked to 165° (74°)• Food must be cooked in conventional cooking equipment such as an oven once its thawed.	<ul style="list-style-type: none">• Cover food to prevent its surface from drying out• Rotate or stir halfway through the cooking process the heat reaches the food more evenly• Allow the covered food stand for at least two minutes
Cooking	Thaw food as first part of the cooking process.	The only way to reduce pathogens in food to safe levels is to cook food to its correct minimum internal temperature