Thaw Food Safely!

In the refrigerator

In the microwave*

In cold water*

*Cook immediately
Check the Temp!

Steaks, Chops - 145°F

Ground Meat - 160°F

All Poultry, Leftovers, Hot Dogs - 165°F
Above 140°F

- Slow cooker or roaster oven
- Stovetop on low temp
- In oven on low temperature
Below 40°F

- Refrigerate leftovers within 2 hours
- Divide leftovers into small containers
- Keep food cold until ready to serve

Use ice
- in an ice chest
- under the serving dish
SEPARATE!

Ready to eat fresh or cooked foods

Raw foods