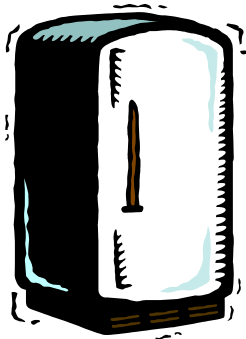


# Thawing Frozen Food

## Thawing food safely is important

Thawing food safely means you are less likely to have to throw food away.

The safest place to thaw frozen food is in the refrigerator or coolroom. Because this will take longer than at room temperature, you will have to plan ahead.



**Remember** to thaw frozen food below ready to eat food, so that the juices from thawing food do not fall onto the ready to eat food. This is called *cross contamination*.



## What do I need to check?

- ✓ Thaw food in the refrigerator or microwave. If you use a microwave, use the food immediately after thawing.
- ✓ When thawing frozen food, the *2hr/4hr time temperature and food safety rule* may be used.
- ✓ Check that ready to eat foods are protected from cross contamination.
- ✓ Food should be covered while thawing and should be clearly labelled and dated.
- ✓ Food should be completely thawed before cooking.

## Why do I need to check these?

- ✖ Thawing food out of refrigeration can allow bacteria to multiply.
- ✖ The centre of partially frozen food may not cook properly, allowing bacteria to survive.
- ✖ Food may become contaminated during thawing.

## How do I avoid these problems?

- ✓ Plan ahead, and thaw food in the refrigerator or coolroom.
- ✓ If you thaw food in the microwave, you must use it immediately
- ✓ Keep all food covered, wrapped or in a container while thawing

## What do I do if something goes wrong?

- ✖ Do not use food until it is completely thawed.
- ✖ Throw away food thawed in a microwave that has been left to stand for more than four (4) hours.
- ✖ Throw away food that has been thawed uncovered or in damaged packaging.
- ✖ Throw away any food that has been frozen more than once.

For further information, please contact Waverley Councils Environmental Health Section on 9369-8000.