

THAW FOODS SAFELY!

Use proper thawing methods

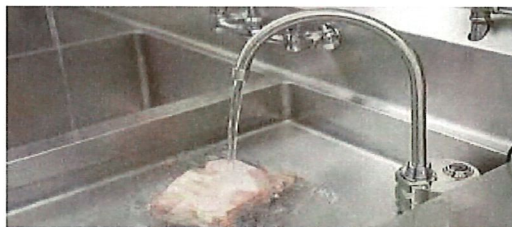
Refrigeration

1



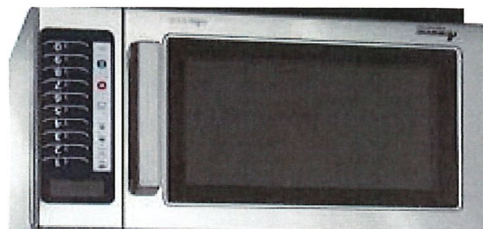
Under Stream Of Cool Running Water

2



Microwaving If Cooking Right Away

3



Directly Cooking

4



Never thaw at room temperature! Thawing foods using proper thawing methods reduces the chance of bacterial contamination.

Bacteria



Sphere-shaped (cocci)



Rod-shaped (bacilli)



Spiral-shaped (spirochetes)

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