

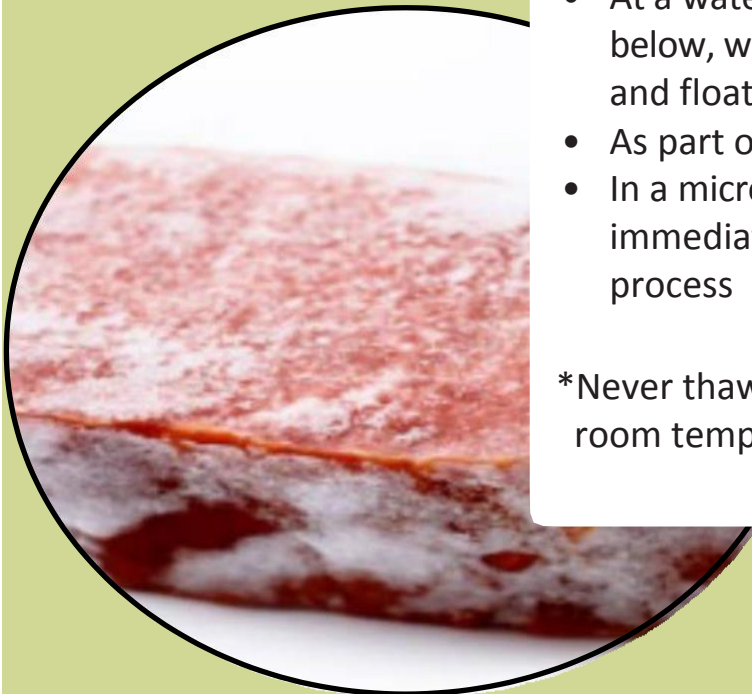
# Just Thaw It



## *Thaw time/temperature control for safety foods:*

- Under refrigeration that maintains the food temperature at 41°F (5°C) or less
- Completely submerged under potable running water
- At a water temperature of 70°F (21°C) or below, with sufficient water velocity to agitate and float off loose particles in an overflow
- As part of a cooking process
- In a microwave oven when food will be cooked immediately without any interruption in the process

\*Never thaw foods on countertops or tables at room temperature!



**DEKALB COUNTY**



**Board of Health**

## **Environmental Health**

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