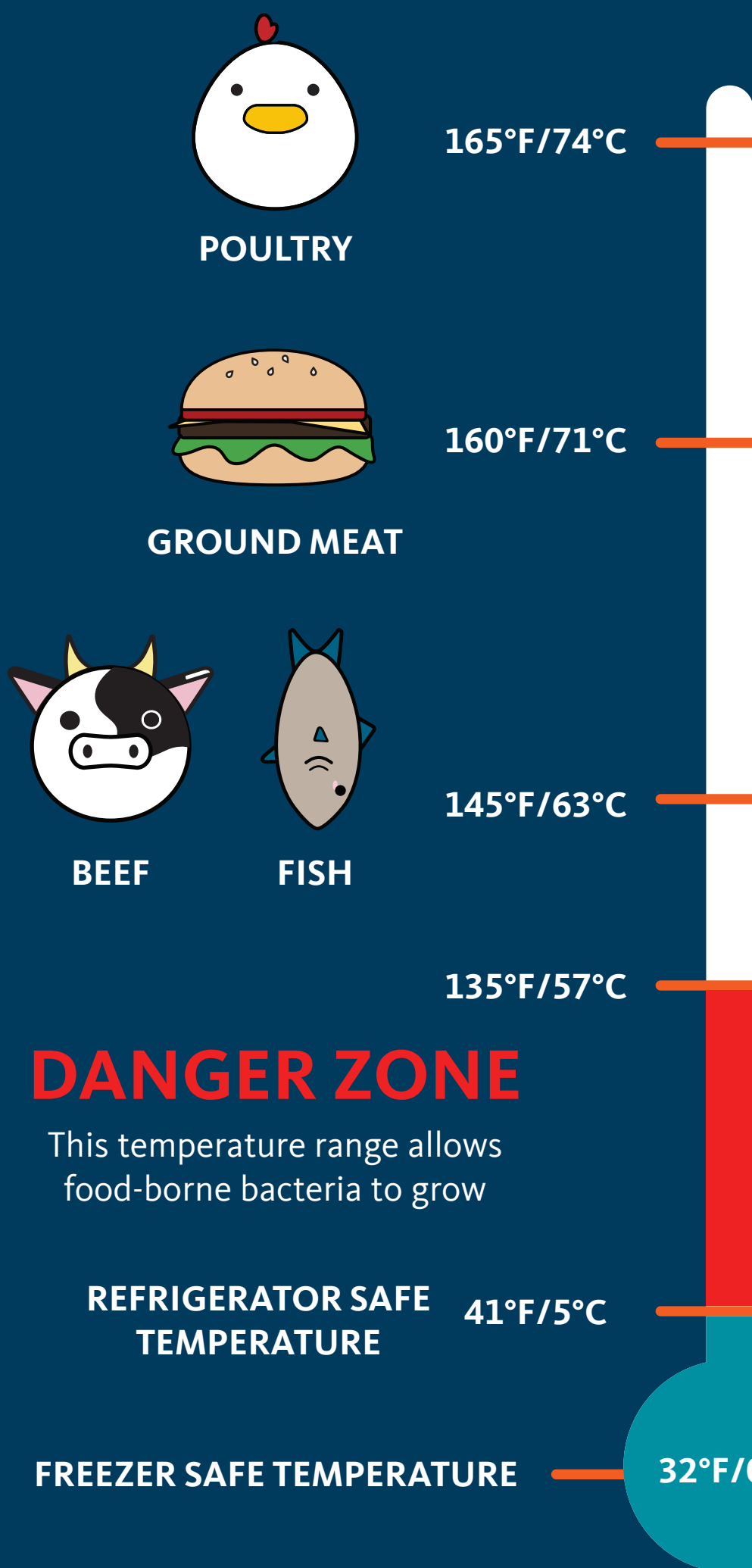


SAFE COOKING TEMPERATURES



Cook meat to these minimum internal temperatures **BEFORE** removing it from the heat source

3 WAYS OF THAWING MEAT SAFELY

MICROWAVE

Microwave frozen meat until thawed **all the way** through. Then **IMMEDIATELY** cook after.

REFRIGERATOR

Place frozen meat on plate in the refrigerator for **at least 24 hours**. Thawed meat should remain **safe for 3 - 5 days**.

COLD WATER

Place frozen meat in **leak-proof** package or bag. Submerge it into **COLD** water. **Change** the water **every 30 minutes** until fully thawed.

NEVER thaw meat on your kitchen counter. It is **UNSAFE** and can lead to serious food-borne illnesses.