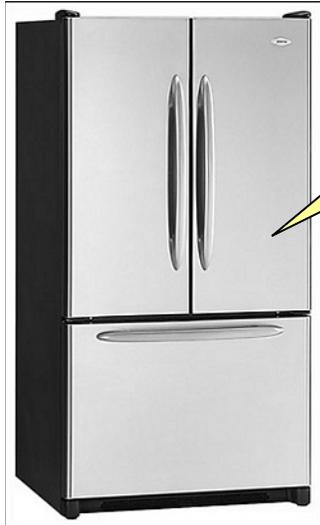


Thawing of Foods



In refrigeration, at 41°F or below



Under cool running water at 70°F or below, for no more than 2 hours (best for chicken & fish)



In a microwave oven, if food will be transferred immediately to a conventional cooking method. The microwave thawing will actually begin the cooking process.

From frozen state, cook in an oven or on a grill.

