

# THAWING

**Violation #6**

**HACCP #6**

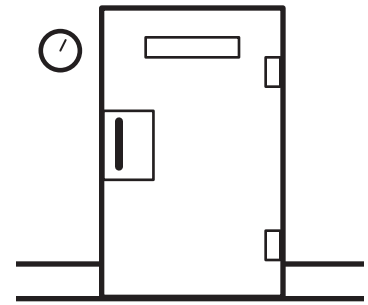
Food Code Section: 750.240

## Why Is Proper Thawing Important?

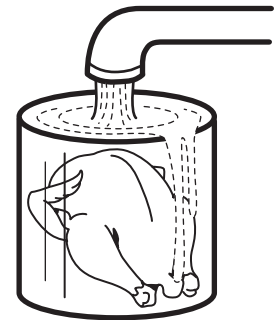
- Thawing foods improperly can result in the rapid growth of foodborne illness causing microorganisms.
- Cooking may not eliminate all microorganisms contaminating improperly thawed foods.

## How to Thaw Properly:

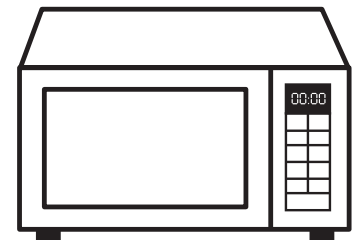
- **In a refrigerator** so that the temperature of the food does not exceed 41°F.
- **Under potable running water** at a temperature of 70°F or below. Place food in a container and put container in sink. There should be enough water velocity to agitate and float off loose food particles into the sink and down the drain. Food should not be above 41°F for more than four hours including preparation time.
- **In a microwave** only when the food will be immediately transferred to conventional cooking facilities as part of a continuous cooking process or when the entire, uninterrupted cooking process takes place in the microwave.
- **As part of the conventional cooking process.**



In a Refrigerator



Under Potable Water



In a Microwave



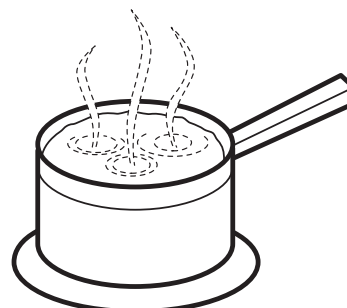
**Public Health**  
Prevent. Promote. Protect.

**Peoria City/County  
Health Department**

Environmental Health  
2116 N. Sheridan Rd.  
Peoria, Illinois 61604  
309/679-6161

[environmentalhealth@peoriacounty.org](mailto:environmentalhealth@peoriacounty.org)

[www.pcchd.org](http://www.pcchd.org)



Part of Conventional  
Cooking Process