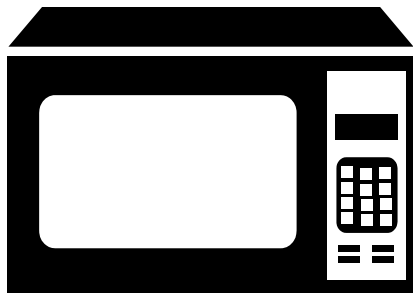


# Proper Thawing Methods

1. AS A PART OF THE COOKING PROCESS

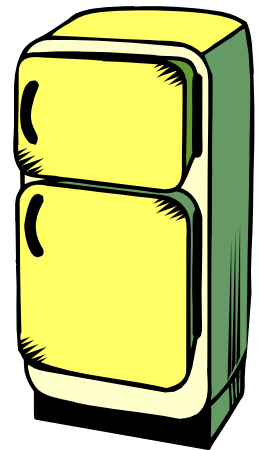


2.



IN THE MICROWAVE THEN IMMEDIATELY COOKED

3. IN A REFRIGERATOR OR WALKIN COOLER ON THE BOTTOM SHELF



4. UNDER POTABLE RUNNING WATER 70 DEGREES OR LESS

