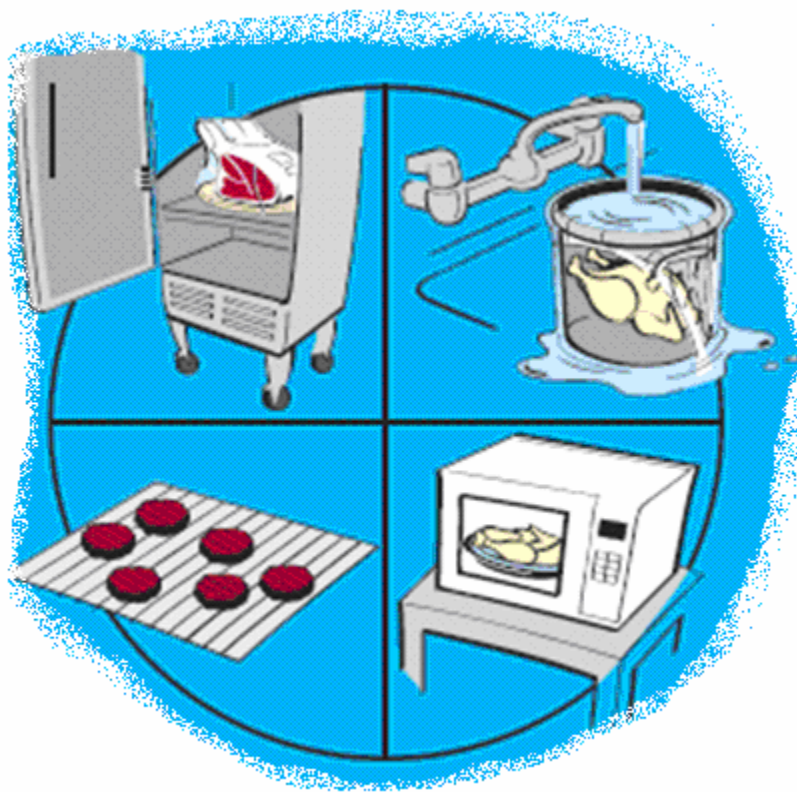


BE AWARE WHEN YOU PREPARE



THERE ARE FOUR ACCEPTABLE WAYS TO THAW FOOD SAFELY.

1. In a refrigerator at 41°F (5°C) or lower.
2. Submerged under running water at 70°F (21°C) or lower for a period of time that does not allow food to rise above 41°F.
3. In a microwave oven.
4. As part of the cooking process.

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