

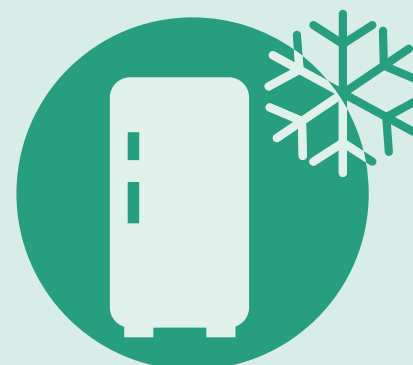
Defrosting food safely

Frozen foods may contain bacteria that can grow after thawing and cause food poisoning. Good thawing practices reduce the chance of foodborne illness and cut food waste. Follow these tips to defrost frozen foods safely.

WHAT SHOULD I DO?



Break up big pieces of frozen **fish, shrimps** or **berries** inside the packaging before thawing. Thaw **only the necessary amount of food** and keep the rest frozen.



Thaw **meat, fish** and **seafood** on a tray in the fridge to avoid contamination of other foods.



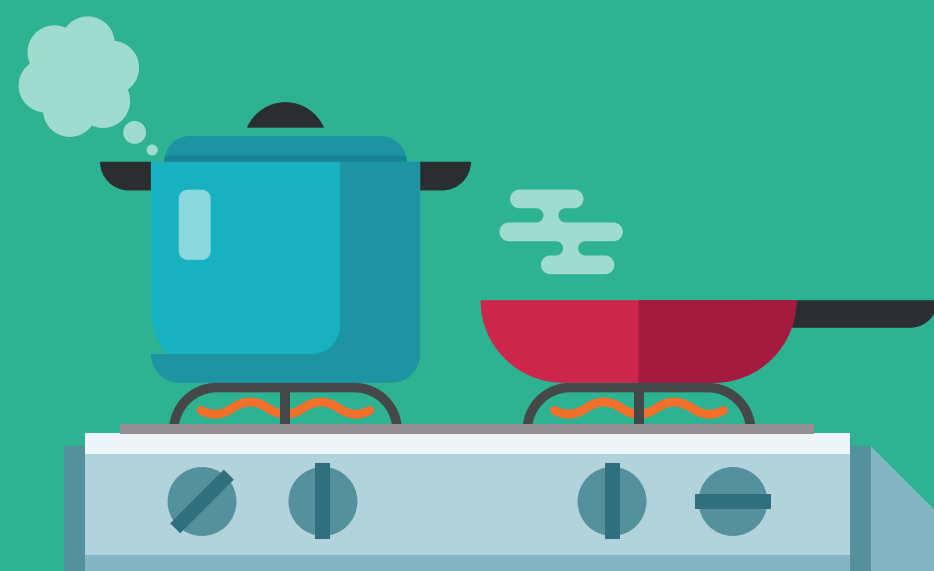
Thaw **vegetables** and **fruit** under **cold running water**, preferably in the original packaging.



Make sure your **hands** and **utensils** are **clean** when handling food, for example when breaking larger pieces of food into smaller pieces.

DON'T FORGET!

- Keep thawed foods in the original packaging or a suitable container to avoid contamination.
- Thaw food at low temperature to prevent the growth of bacteria.
- Cook thawed food before consumption to eliminate bacteria
- Do not refreeze food after defrosting.
- Always follow the manufacturer's storage instructions to be sure food stays safe.



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