FACT:

Bacteria can survive freezing temperatures. Freezing is not a method for making food safe to eat.

When food is thawed, bacteria can still be present and may begin to multiply.

✓ Cooking food to the proper internal temperature is the best way to kill harmful bacteria.
✓ Always read and follow the package cooking instructions
✓ Use a thermometer to measure the internal temperature of cooked foods.

Partnership for Food Safety Education

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