"I can’t re-freeze foods after I have thawed them – I have to cook them or throw them away."

FACT: If raw foods such as meat, poultry, egg products, and seafood have been thawed in the refrigerator, then they may be safely re-frozen without cooking for later use. Never thaw raw foods by letting them sit on the kitchen counter. If raw foods are thawed outside of the refrigerator, for example in the microwave or in cool water, they should be cooked immediately. Never re-freeze raw or not fully cooked foods that have been thawed outside of the refrigerator.