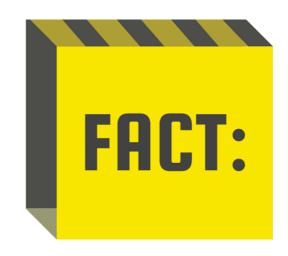


MYTH:

"Freezing food kills harmful bacteria that can cause food poisoning."







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.

