

# MYTH:

*“Freezing food kills harmful bacteria that can cause food poisoning.”*

# 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.*