



# Defrosting food

## K

### Know

#### What do you need to know?

- Juices from defrosted food can contain harmful bugs. If these juices get onto other food and surfaces they can make people sick.
- If food is only partially defrosted, it may not reach the correct temperatures during cooking to destroy bugs.

## D

### Do

#### What do you need to do?

- Plan ahead if using frozen food so you have enough time to thaw it safely, either in the fridge or chiller.
- When provided, thaw products according to manufacturer's instructions.
- Keep food being defrosted in a container and near the bottom of the fridge/chiller to stop juices from spreading onto surfaces and other foods.
- If you can't defrost food in a fridge/chiller, you can use any (or a combination) of these methods: (tick as appropriate)
  - thaw in the microwave and use food immediately
  - thaw under running cold water in an air tight container
  - defrost on the bench for no more than 4 hours

**D**

**Do**

- Once thawed, foods that are normally kept cold or kept hot must be refrigerated, cooked or kept hot.
- Food must be fully defrosted before being reheated or cooked.

**S**

**Show**

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### What do you need to show?

- Show your verifier:
  - how you defrost your food,
  - how you keep defrosted food safe.