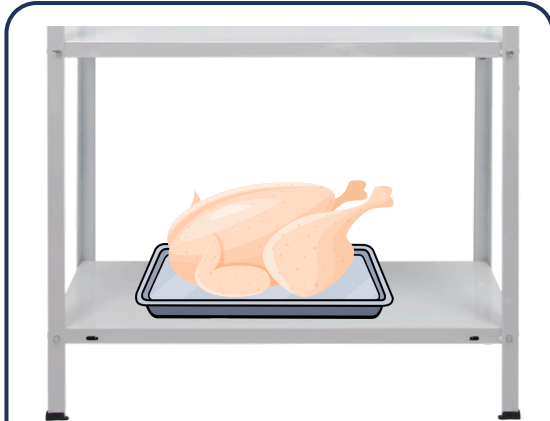


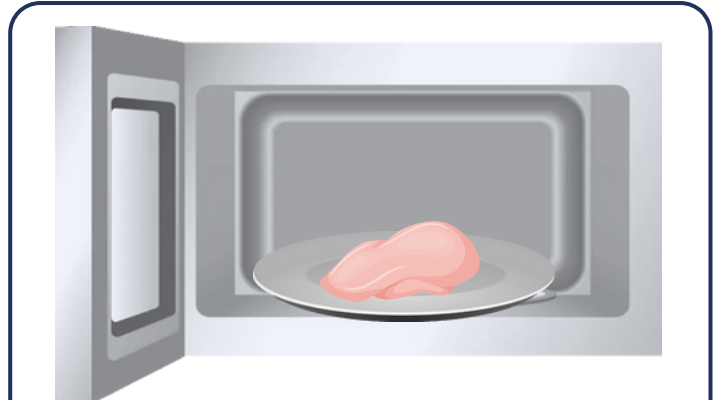
# Safe Thawing Methods

Harmful bacteria can grow during thawing.

Choose one of the following methods:



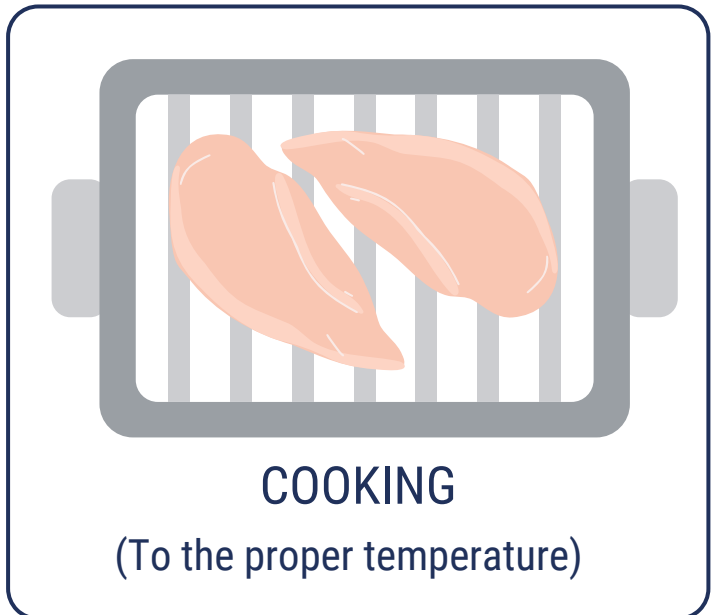
**UNDER REFRIGERATION**  
(Preferred method)



**MICROWAVE**  
(Not recommended for  
large food items)



**COLD RUNNING WATER**  
(In a food prep sink)



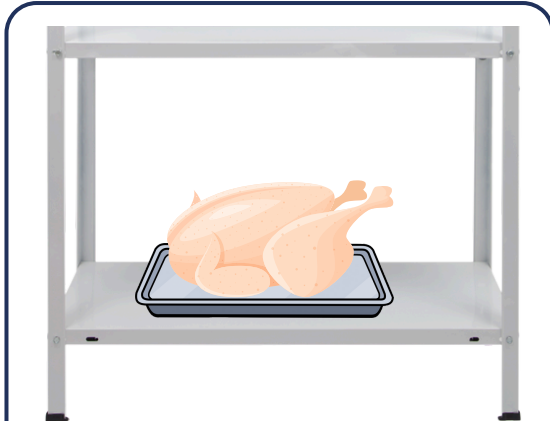
**COOKING**  
(To the proper temperature)

**Reminder:** Mark the date when the food item was pulled from the freezer.

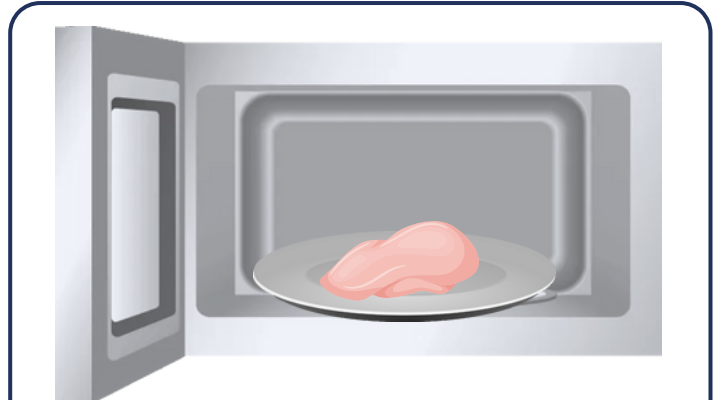
# Métodos seguros para descongelar

Durante la descongelación pueden crecer bacterias dañinas.

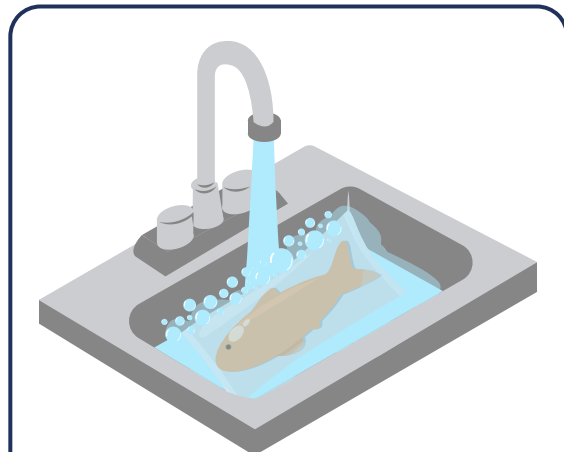
Elija uno de los siguientes métodos:



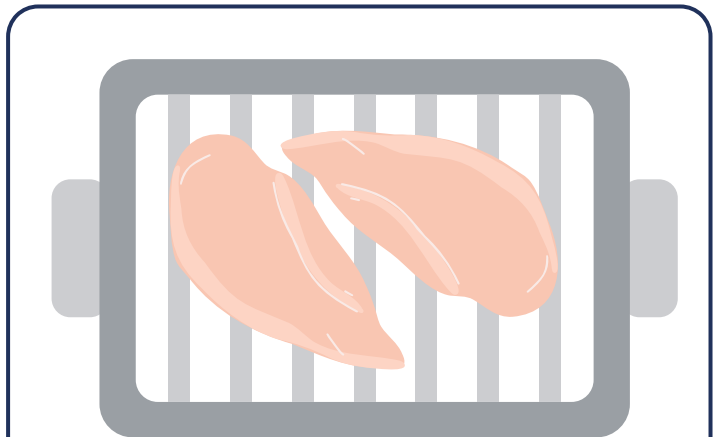
**BAJO REFRIGERACIÓN**  
(Método preferido)



**MICROONDAS**  
(No recomendado para  
alimentos grandes)



**AGUA CORRIENTE FRÍA**  
(En un lavabo de  
preparación de alimentos)



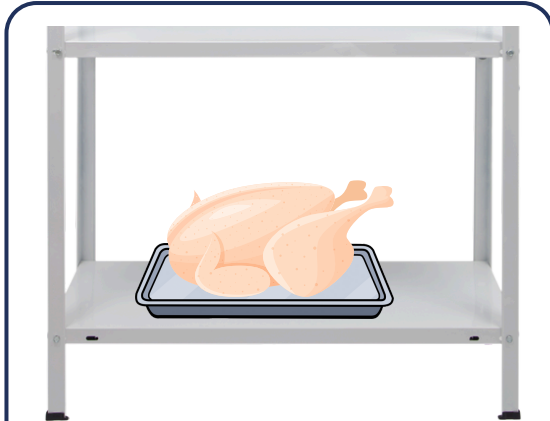
**COCINANDO**  
(A la temperatura  
adecuada)

**Recordatorio:** marque la fecha en que se sacó el alimento del congelador.

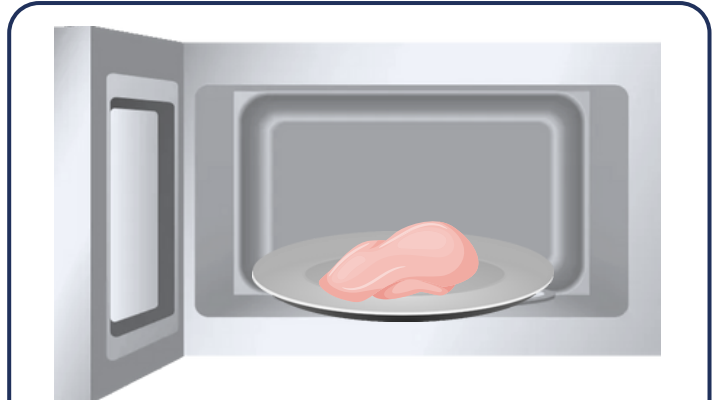
# Kev Thau Nqaij Kom Tsis Txhob Muaj Teeb Meem

Cov kab mob phem tuaj yeem loj hlob thaum lub sijhawm koj thau nqaij los kom yaj.

Xaiv ib txoj kev hauv qab no:



TSO RAU HAUV TUB YEES TXIAS  
(Txoj Kev Zoo Tshaj)



SIV LUB QHOV CUB MICROWAVE  
(Tsis pom zoo rau tej yam khoom noj loj)



TSO DEJ TXIAS TXIAS  
(Tso rau hauv lub dab dej npaj zaub mov)



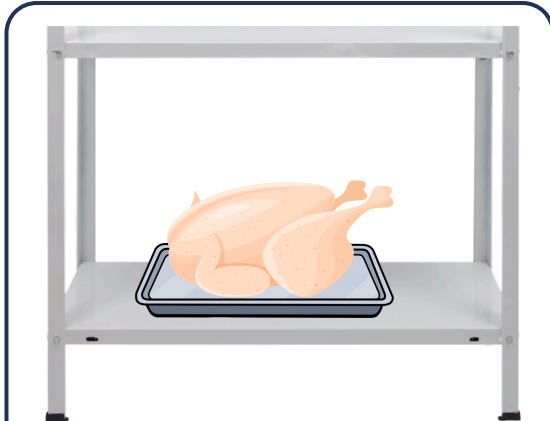
UA NOJ  
(Ua kom siav raws li cov lus qhia)

**Nco ntsoov:** Kos hnuv rau yam koom ua koj thau hauv tub yeem khov los.

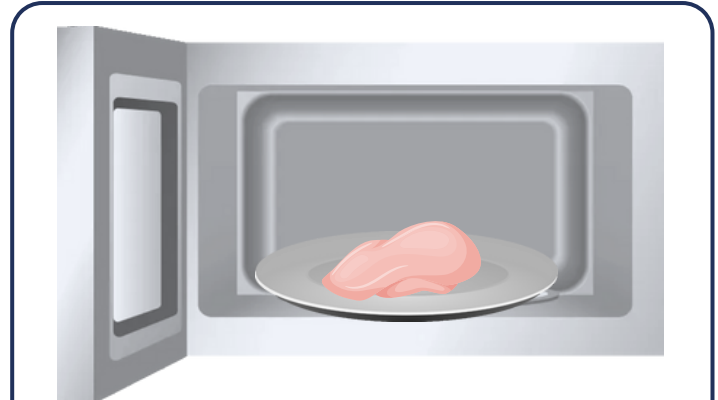
# Qaababka Qaboojinta Amaanka ah

Bakteeriyada khatarta ah ayaa dhalan karta inta lagu jiro qaboojinta.

Dooro midkood qaababka soo socda:



**GELINTA TALAAGADA**  
(Qaabka haboon)



**MIKROO-WEEFKA**  
(Laguma talinaayo agabka  
waawayn ee cuntada)



**BIYAHA QABOOW EE SOCDA**  
(Sinkiga diyaarinta cuntada)



**KARINTA**  
(Heerkulka saxda ah)

**Xasuusinta:** Ku qor taariikhda marka cuntada laga saaro qaboojiyaha.