



Defrost food safely

Plan ahead. Thaw food in the fridge, not on the bench.



01 Thaw in the fridge

Keep raw food sealed below ready-to-eat food.



02 Allow enough time

Plan ahead. Small portions may thaw overnight. A whole chicken may need 1-2 days or longer.



03 Check before cooking

Check the food has thawed all the way through. Only cook from frozen if the packet says you can.



OR use the microwave

Follow the microwave directions. Cook the food immediately afterwards.

Plan ahead: small portions may thaw overnight. Larger foods take longer. Never thaw food on the bench.