FOOD ESTABLISHMENT TRAINING: Thawing Methods	Establishment #:	McHenry County Department of Health Division of Environmental Health	
Establishment Name:	Risk Category 1 2	Time:	Date:

Training Objective: **Identify, evaluate and review thawing procedures for potentially hazardous foods.**

Approved Methods:

	√	COMMENTS/CORRECTIVE ACTION
In a refrigerator that maintains food temperature at 41ºF or less.		
Under cold, potable, running water at a temperature of 70ºF or below.		
Microwave thawing followed by immediate cooking.		
As part of the normal cooking process.		

Monitoring Keys:

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Prevent thawed portions from rising above 41ºF to limit growth opportunities for pathogens.	
Prevent delays after thawing in microwave. Immediately transfer to conventional cooking equipment and complete cooking process.	
Transfer frozen items to refrigerator at least 1-3 days before needed.	
All portions of the food must be cooked to the required minimum internal temperature. Thawing from frozen state works best with small, thin foods (hamburgers, chicken breast, pork chop, etc.)	

Provided Training Resource Materials ☐

Training received by: _____
Signature of Person in Charge

Training given by: _____
Signature of Environmental Health Practitioner

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