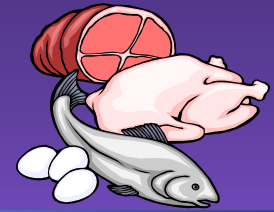
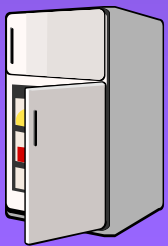




THAWING

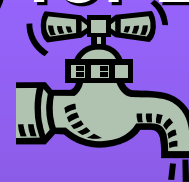


APPROVED THAWING METHODS:

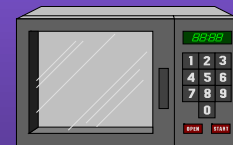


- In the refrigerator at 41° F or less

- Under cool running water (70° F or below) for 2 hours or less



- In the microwave oven if the food is cooked immediately after thawing



NEVER

**THAW AT ROOM
TEMPERATURE!**