



Defrosting Guide

Defrosting Procedure

1. Ensure food is thoroughly defrosted before reheating.
2. Frozen food should be defrosted in a microwave or refrigerator – never on the bench top.
3. If defrosting in the refrigerator, ensure frozen food items are placed on the bottom shelf to avoid moisture dripping onto other food items.
4. Allow a minimum of 24 hours when defrosting food in the refrigerator to ensure the item is thawed all the way to the centre.
5. If defrosting using a microwave, use the defrost setting first. Once defrosted, reheat meal immediately, mix thoroughly and ensure it has reached the appropriate temperature of 75°C or more.
6. Reheat food to 75°C or hotter and transfer contents to service containers.
7. Check the temperature of the food with a washed and sanitised probe thermometer after cooking or reheating. Allow to cool to appropriate eating temperature before serving.



IMPORTANT TIPS

- Do not re-freeze defrosted food
- Do not defrost food on the bench
- Discard any left over food after heating
- Meals must be used according to the individual labels use on date.

022025