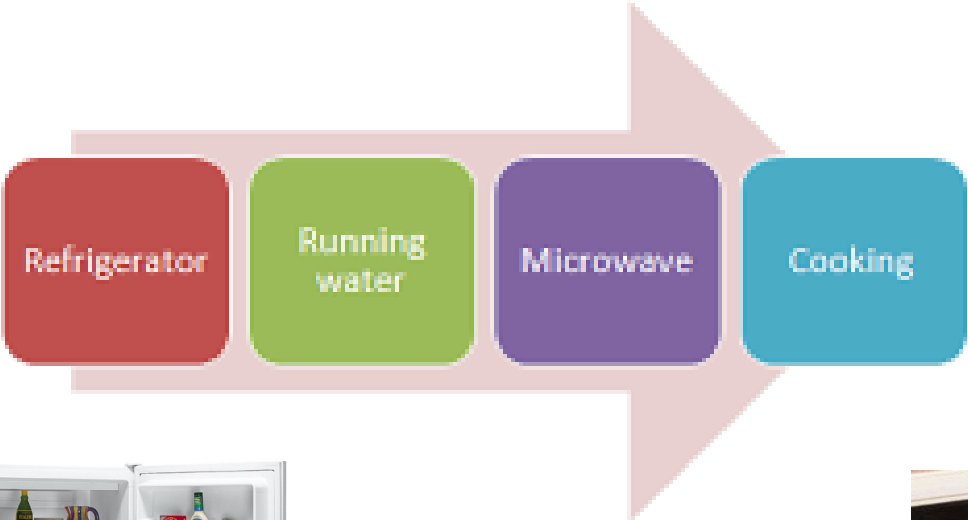


Acceptable Methods of Thawing



DO NOT THAW AT ROOM TEMPERATURE



Under Refrigeration
Below 41°F



Under Running Water
Below 70°F



Microwave and Immediately Cooked



Part of the Cooking Process