



Public Health
Prevent. Promote. Protect.

Clinton County Health District

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Four ways to Properly Thaw Frozen Foods



Under cool running water (70 degrees F or lower)



Under refrigeration



In a microwave



As part of the cooking process

Handling Food Correctly Keeps Food Safe

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**“The Clinton County Health District strives to keep our community healthy, educated and safe.”
Equal Opportunity Employer-Provider**