Freezing and defrosting

Freeze by the use-by date

then defrost safely

1. Label food with what it is and the date
2. Defrost in the fridge, not on the side
3. Or use the microwave, then cook it straight away
4. Cook defrosted food within 24 hours
5. Don’t refreeze raw meat unless you cook it first

Why? Freezing stops germs growing, but it doesn’t kill them.