Thaw and reheat, on purpose

For the kit's supper ideas, thawing in the refrigerator is the default for raw food.

Three safe ways to thaw

1. **In the refrigerator**
   At 40°F / 4°C or below. Plan ahead: small items may thaw overnight, others need longer. [S1]

2. **In cold water**
   Food in a sealed, leak-proof bag, immersed in cold water. Change the water every 30 minutes, then cook right away. [S1]

3. **In the microwave**
   Cook right after defrosting. For leftover food, keep heating to 165°F / 74°C. [S1, S2]

Remember: skip the counter. Thawing on the counter isn't one of the safe routes. Refreeze refrigerator-thawed food only within its food-specific fridge limit; quality may decline. After cold-water or microwave thawing, cook raw food or reheat leftovers to 165°F before refreezing. [S1, S2]

Leftovers can skip the thaw

Frozen leftovers can be reheated without thawing: soups and stews in a saucepan or microwave, casseroles in the oven or microwave. It takes longer. [S2]

A thermometer, not a timer

Food / action	Minimum internal temperature
Reheat leftovers; casseroles	**165°F / 74°C**
Raw poultry, including ground	**165°F / 74°C**
Raw ground beef, pork, lamb, veal	**160°F / 71°C**
Raw beef, pork, lamb, veal steaks, chops, roasts	**145°F / 63°C** + 3-minute rest
Fish	**145°F / 63°C**

Check with a food thermometer. Bring reheated soups, sauces and gravies to a rolling boil; leftovers must reach 165°F. In the microwave: cover in a vented microwave-safe dish, rotate, rest, then check several places with a thermometer. There's no one cooking time that fits every dish. [S2, S10]