

Defrosting & Refreezing Meat



Step 1: Defrost

Defrost meat by placing it in a refrigerator that is **40 °F or less**. The meat can defrost for **up to 3 days**; any longer and it must be thrown away.

Step 2: Refreeze

When the meat is fully defrosted, break into sections. Package each section into plastic bags, plastic wrap, or aluminum foil and place in the freezer for later use.

