

## Re-freeze foods safely

It's an old-wives' tale that foods cannot be refrozen. But follow guidelines for safe food handling, according to the Partnership for Food Safety Education and the USDA.

If raw foods such as meat, poultry, egg products, and seafood have been thawed in the refrigerator, then they may be safely re-frozen without cooking for later use. Never thaw raw foods by letting them sit on the kitchen counter. If raw foods are thawed outside of the refrigerator, for example in the microwave or in cool water, they should be cooked immediately. Never re-freeze raw or not fully cooked foods that have been thawed outside of the refrigerator.

