

SIMPLE STEPS TO FREEZING AND THAWING CHICKEN MEAT

If you buy raw chicken meat in bulk, it's likely that you will need to freeze some of it for use later.

Each time you freeze and thaw chicken meat it loses moisture which can affect eating quality, but it is safe to do so, if you follow these tips.

When FREEZING raw chicken meat:

1. do it as soon as you get it home (and definitely before the use by date)
2. freeze it at a temperature below -20°C (most home freezers should be at this temperature)
3. package into meal-sized portions so that you don't need to refreeze unused portions again

When THAWING frozen chicken meat:

1. make sure it is thawed completely prior to cooking
2. thaw in the fridge or the microwave – don't thaw on the bench
3. if thawing in the fridge, put the meat in a container on the bottom shelf

Throw out meat that has been thawing for more than a day.

When RE-FREEZING chicken meat:

1. follow the same tips for FREEZING; but
2. try to avoid it
3. don't refreeze meat that's been left out on the bench



How long can you keep chicken frozen before use?

1. Check the instructions on the door or lid of your freezer for how long poultry, meat etc will last.
2. From a safety point of view you can store frozen meats for years; however with time there will be a loss in nutrient value and quality.
3. For information on how quickly the quality will be affected, see: <https://foodsafety.asn.au/freezer-storage-times/>

Visit [ACMF Chook Chat blog](#) for more information

It is safe to refreeze chicken:

<https://www.chicken.org.au/myth-busting-1-is-it-safe-to-refreeze-chicken/>

The do's and don'ts of food safety:

<https://www.chicken.org.au/the-dos-and-donts-of-chicken-food-safety/>