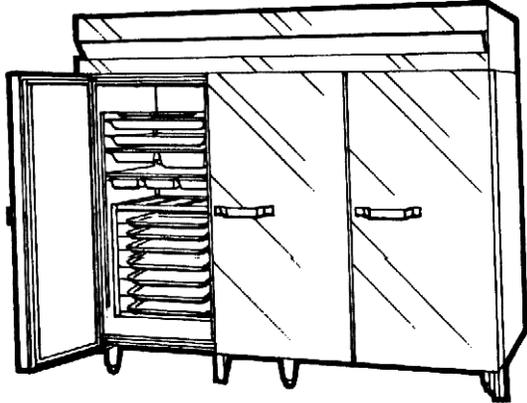


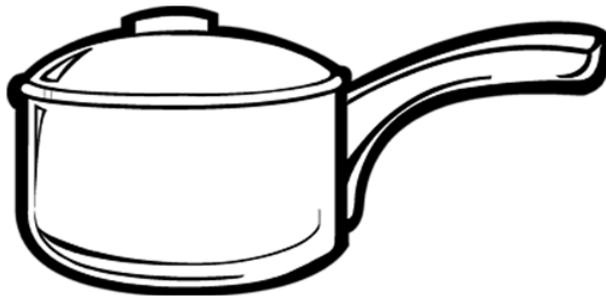
SAFE THAWING



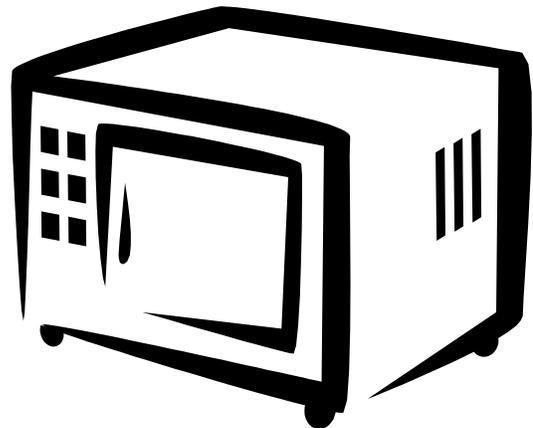
IN A REFRIGERATOR



**UNDER COLD
RUNNING WATER**



AS A PART OF COOKING



IN A MICROWAVE

HELP PREVENT FOOD-RELATED ILLNESS



**PUEBLO CITY-COUNTY HEALTH DEPARTMENT
ENVIRONMENTAL HEALTH DIVISION
101 W. 9TH STREET
(719)583-4323**