



- STORING & THAWING CHICKEN -

- Raw and cooked chicken should be stored separately at all times
- Never leave cooked chicken at room temperature for more than two hours. If not eaten immediately, cooked chicken should be kept either hot or refrigerated
- Fresh or frozen chicken should be put away in the fridge or freezer immediately on getting home
- When storing in the fridge, remove the plastic wrap from the chicken and cover it loosely, so that air can circulate around the bird
- Chicken should be frozen on the date of purchase and the freezer must have four stars for the chicken to be safely kept frozen: ready frozen chicken is safe to keep frozen for up to three months, while cooked chicken can be frozen for up to two months
- Thaw frozen chicken in its wrapping and in the fridge, never in a warm place. Never refreeze thawed chicken

Thawing times

Weight of chicken	Thawing time (in the fridge)
900g / 2lbs	24 hours
1.35kg / 3lbs	30 hours
1.8kg / 4lbs	36 hours
3.2kg / 7lbs	48 hours

For more information, visit www.greatbritishchicken.co.uk