

Is It Safe to Refreeze Raw Meat and Poultry that Has Thawed?

The U. S. Dept. of Agriculture (USDA) advises, "Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed by other methods, cook before refreezing." ([Basics for Handling Food Safely](#), September 8, 2006).

(DO NOT thaw meat at room temperature, such as on the kitchen counter.)

Meat/poultry that is refrozen might suffer some quality loss as moisture may be lost during thawing.

Safety will depend on whether the raw product was handled properly before it was frozen, refrozen shortly after it was thawed, cooked to a safe temperature when it is eaten and handled safely if there are any leftovers.



For more information on handling cooking meat and poultry safely, check these USDA links:

- **Beef**
http://www.fsis.usda.gov/Fact_Sheets/Beef_from_Farm_to_Table/index.asp
- **Chicken**
http://www.fsis.usda.gov/Fact_Sheets/Chicken_Food_Safety_Focus/index.asp
- **Lamb**
http://www.fsis.usda.gov/Fact_Sheets/Lamb_from_Farm_to_Table/index.asp
- **Pork**
http://www.fsis.usda.gov/Fact_Sheets/Pork_from_Farm_to_Table/index.asp
- **Turkey**
http://www.fsis.usda.gov/Fact_Sheets/Poultry_Preparation_Fact_Sheets/index.asp#turkey
- **Veal**
http://www.fsis.usda.gov/Fact_Sheets/Veal_from_Farm_to_Table/index.asp

But, always remember the standard food safety advice is "When in doubt, throw it out."