

# THE RAW STORY

Some frozen chicken entrees look like they're cooked—but they're not!



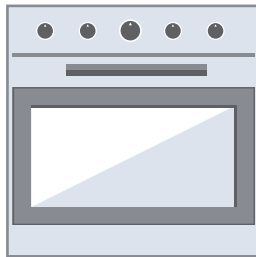
**Handle raw frozen chicken — including frozen meals, entrees, and appetizers — the same way you handle raw fresh chicken to prevent foodborne illness:**

**1**



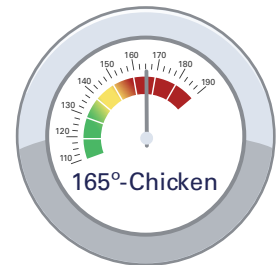
Read the package carefully.

**2**



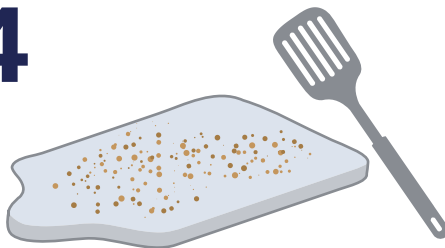
Follow cooking instructions exactly as written.

**3**



Use a food thermometer to check doneness (165°F for chicken).

**4**



Clean and disinfect any surfaces and utensils that touched the raw product.

**5**



Wash your hands with soap and water after handling the raw product.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

Learn more: [www.cdc.gov/foodsafety/prevention](http://www.cdc.gov/foodsafety/prevention)