How to Safely Cool Foods

Cooked Foods (i.e. sauce, soup, rice) shall be cooled:

(1) From 135ºF to 70ºF in 2 hours; and

(2) Within a total of 6 hours from 135ºF to 41°F

Foods at Room Temperature (i.e. canned tuna) shall be cooled:

(1) Within 4 hours to 41°F

Proper Cooling Methods

Place food in shallow pans and/or separate food into smaller or thinner portions. Place loosely covered, or uncovered in appropriate refrigeration unit.

Place food in rapid cooling equipment such as a blast chiller.

Place food container in an ice water bath. Continue to stir throughout cooling process.

Use cooling equipment, such as an ice wand to cool foods such as soups and sauces. Continue to stir throughout the cooling process.

**Monitor cooling process by recording times/temperatures on a log sheet*

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