## Cooling Down Foods Temperature Log

### Cooling Food
- Cooling time starts when food reaches 135°F. Food may be left at room temperature until it drops to 135°F.
- Cool from 135°F to 70°F in 2 hours or less.
  - Corrective Action: If the food is more than 70°F at 2 hours, **reheat to 165°F and start over OR discard**. Reheating can only be done **one** time. If it has been more than 2 hours, the food **must** be discarded.
- If 70°F or less in 2 hours, continue to cool to 41°F in a total of 6 hours.
  - Corrective Action: If total cooling time exceeds 6 hours the food **must** be discarded.
- Once at 41°F, it’s ready to be covered, labeled, dated, and stored in the refrigerator.

### Tips for Speeding up the Cooling Process
- Stir frequently and only loosely cover or keep food uncovered while cooling.
- Use the ice bath method by placing a pan of food inside a larger container or sink filled with a mixture of ice and water, stirring both frequently.
- Use an ice paddle with frequent stirring.
- Place food on the top shelf or cooling rack in the refrigerator. Separate pans to allow air to flow around the food.
- Divide large food quantities into smaller portions.
- Spread thick foods into thin layers or on a sheet pan.
- Metal pans allow food to cool more quickly and are better than plastic.

### Date Food Start Time & Temp 1st Hour 2nd Hour 70°F or less in 2 hours? 3rd Hour 4th Hour 5th Hour 6th Hour 41°F or less in 6 hours? Corrective Actions? Recorded By PIC Review

<table>
<thead>
<tr>
<th>Date</th>
<th>Food</th>
<th>Start Time &amp; Temp</th>
<th>1st Hour</th>
<th>2nd Hour</th>
<th>70°F or less in 2 hours?</th>
<th>3rd Hour</th>
<th>4th Hour</th>
<th>5th Hour</th>
<th>6th Hour</th>
<th>41°F or less in 6 hours?</th>
<th>Corrective Actions?</th>
<th>Recorded By</th>
<th>PIC Review</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: 1/1/19</td>
<td>Beef Stew</td>
<td>8 am 135°F</td>
<td>9 am 109°F</td>
<td>10 am 67°F</td>
<td>Yes: continue</td>
<td>11 am 56°F</td>
<td>12 pm 50°F</td>
<td>1 pm 44°F</td>
<td>2 pm 38°F</td>
<td>Yes: label</td>
<td>Discard</td>
<td>AB</td>
<td>CD</td>
</tr>
</tbody>
</table>