

# 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.
- Add ice as an ingredient.
- 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	1 <sup>st</sup> Hour	2 <sup>nd</sup> Hour	70°F or less in 2 hours?	3 <sup>rd</sup> Hour	4 <sup>th</sup> Hour	5 <sup>th</sup> Hour	6 <sup>th</sup> Hour	41°F or less in 6 hours?	Corrective Actions?	Recorded By	PIC Review
<b>Example:</b> 1/1/19	Beef Stew	8 am 135°F	9am 109°F	10am 67°F	<b>Yes:</b> continue <b>No:</b> reheat	11am 56°F	12pm 50°F	1pm 44°F	2pm 38°F	<b>Yes:</b> label <b>No:</b> discard	Reheat or discard	AB	CD

