

# 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 it. 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 the 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° or less in 6 hours?	Corrective Actions	Recorded by	PIC Review
<b>Example:</b> 1/1/19	Beef Stew	8 am 135° F	9 am 109° F	10 am 67° F	<b>Yes:</b> Continue <b>No:</b> Reheat	11 am 56° F	12 pm 50° F	1 pm 44° F	2 pm 38° F	<b>Yes:</b> label <b>No:</b> discard	Reheat or discard	AB	CD