

## COOLING PROCEDURES

**Requirements:** Cooked potentially hazardous foods shall be cooled from 135° F to 70° F within 2 hours, and from 70° F to 41° F or below, within 4 more hours ( or within a total of 6 hours).

**Definition:** Potentially Hazardous Foods are any foods that consist in whole or in part of milk or milk products, eggs, meat, poultry, fish, shellfish, edible crustacea, or other ingredients, in a form capable of supporting rapid growth of infectious or toxicogenic micro-organisms.

### Recommendations for Cooling Procedures:

- 1) **Large portions of food should be broken down into smaller containers.**
  - Cut ten pound roasts into fourths.
  - Large pots of soup placed into several small containers.
- 2) **Place food items to be cooled in shallow containers.**
  - Limit depth of food, 2-4 inches.
  - Large shallow pans provide more surface area.
  - Do not store foods packed tightly in containers.
- 3) **Place foods in ice baths for rapid cooling.**
  - Place pots of soup etc. in tubs of ice.
  - Stir foods frequently to reduce cool down time.
- 4) **Place foods to be cooled in high air movement areas of coolers.**
  - Designate certain areas of coolers for cooling procedures.
  - Leave foods being cooled uncovered, allowing heat to escape, insuring no potential sources of cross contamination are present.
- 5) **Utilize stem thermometers and labels to insure foods are cooled properly.**
  - Take internal temperatures of food during cooling.
  - Log temperatures on required labels for verification.
- 6) **Rapidly reheat previously cooked foods to at least 165° F or higher throughout and maintain temperature for at least 15 seconds before serving.**

### TIME AND TEMPERATURE IS IMPORTANT

## Food Cooling Log

Date	Food	Start		Hour 1		Hour 2		Hour 3		Hour 4		Hour 5		Hour 6		Initials
		Time	Temp	Time	Temp	Time	Temp	Time	Temp	Time	Temp	Time	Temp	Time	Temp	

**Notes:** Cooked food can be left at room temperature until it cools to 135° F. After that, it must be cooled to 70° F within **two hours**. If it is not cooled to 70° F within two hours, heat the food back up to 165° F and start the process over from the beginning (this may be done only **once**).

After the food has been cooled to 70° F, it must be cooled to 41° F within **four hours**. If it is not cooled to 41° F within four hours, throw it out.