



## How to Safely Cool Foods

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

- (1) From 135°F to 70°F in 2 hours;**  
**and**
- (2) Within a total of 6 hours from 135°F to 41°F**

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

- (1) Within 4 hours 70 °F 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 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.**



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



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

## Cooling Chart

Date	Product	Cooling Time/Temperature					Employee Initial
		Start Time/Temp.	Time/Temp.	Time/Temp.	Time/Temp.	Time/Temp.	

**Cooling Requirements:**  
 Hot foods must be cooled from 135 °F - 70 °F within 2 hours, and within a total of 6 hours from 135°F to 41°F.