## Food Cooling Log

## Cooling Food -

- Cooling time starts at 135F. Food may be left at room temperature until it drops to 135F.
- Cool from 135F to 70F in 2 hours, then from 70F to 41F in 4 hours.
- If the temperature is more than 70F in 2 hours, reheat to 165F and start over.
- Reheating can only be done **one time.**
- Once at 70F, cool down to 41F in 4 hours.
- Once at 41F, it's ready to be covered, labeled, dated, and stored in the refrigerator.  $\ \cdot$
- Total cooling time cannot exceed 6 hours or **food must be discarded.**

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## Tips for Speeding Up the Cooling Process -

- Use the ice bath method by placing a smaller pan of food inside a larger pan filled with half ice and half water, stirring frequently.
- Use ice paddle with frequent stirring.
- Add ice as pat of the ingredient.
- Place pan in coolest part of the refrigerator loosely covered or uncovered.
- Divide large food quantities into smaller portions.
- Spread thick foods into thin layers and place in refrigerator.
- Use of metal pans is preferred as they cool food faster than plastic.

Date	Food	Start Time & Temp	+1 Hr.	+2 Hr.	130F to 70F?	+3 Hr.	+4 Hr.	+5 Hr.	+6 Hr.	70F to 41F?	Corrective Action?	Initial	Initial