

Food Cooling Guide

When you are cooling hot foods, they must be cooled quickly to keep the food safe. Hot foods must be cooled:

- From **135F** to **70F** within 2 hours
- From **70F** to **41F** or below within 4 more hours

How to cool hot foods properly:

✔ Do:

- Use shallow pans (2-3in deep)
- Leave the food uncovered
- Use the refrigerator
- Use an ice bath and/or ice wand



✘ Do Not:

- Use deep pans or other deep containers
- Cover hot foods
- Cool at room temperature
- Stack cooling foods together



Remember to:

- Check temperatures often
- Stir liquid foods frequently
- Wait until the food has **cooled completely** (**41F** or below) **before** you cover the food or move the food to a larger container.



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