

Food Cooling Chart

*****Improper Cooling of Hot Foods is the #1 Factor of Rapid Bacterial Growth which causes FOODBORNE ILLNESS!*****

Cooling Food

- Cooling time starts when temperature of the food reaches 135°F.
- Cool from 135°F to 70°F in 2 hours, then from 70°F to 41°F in 4 hours.
- If the temperature is more than 70°F in 2 hours or 41°F in 6 hours, reheat to 165°F and start over using an additional technique to speed up cooling.
- Total cooling time cannot exceed 6 hours or food must be discarded.
- Potentially hazardous foods prepared at room temp (such as tuna salad) have 4 hours to reach 41°F
- Once at 41°F, it's ready to be covered, labeled (see bottom), dated, and stored in the refrigerator.

Tips for Speeding up the Cooling Process

- Divide large quantities of food into smaller portions.
- Use of 2"-4" metal pans cool food faster than plastic.
- Use the ice bath method by placing a smaller, shorter pan of food inside a larger, taller pan filled with half ice and half water. Stir frequently.
- Spread thick foods into thin layers and place in refrigerator.
- Use ice paddle with frequent stirring.
- Place pan in coolest part of the refrigerator loosely covered or uncovered.
- Add ice as part of the ingredient such as with Soups or Tofu.

Date	Food	Start Time & Temp	After 1 Hour	After 2 Hour	*CRITICAL* 135°F to 70°F in 2 hours?	After 3 hours	After 4 Hours	After 5 Hours	After 6 hours	*CRITICAL* 70°F to 41°F in 4 hours?	Corrective Action?	Employee	Verified By Manager
Example: 3/1/18	Refried Beans	8 am 135°F	9 am 100°F	10 am 70°F	If YES, continue. If NO, reheat	11 am 60°F	12 pm 50°F	1 pm 45°F	2pm 38°F	If YES, Cover, Label, Date. If NO, reheat.	None, Reheated, or Discarded		

USE BY DATES are a maximum of 7 days, *including* the day it was made (day of preparation plus 6 days)



ITEM: Refried Beans
PREP: Dec 1
USE BY DATE: Dec 7



ITEM: Refried Beans
PREP: Dec 1
USE BY: Dec 8

This label is incorrect as this is 8 days total!



METROPOLITAN HEALTH DISTRICT

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