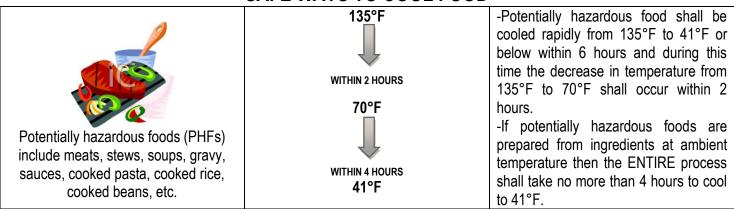


Contra Costa Environmental Health

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SAFE WAYS TO COOL FOOD



Improper cooling of potentially hazardous foods is one of the leading causes of foodborne illness.

METHODS OF COOLING POTENTIALLY HAZARDOUS FOODS:									
1. Place the food in shallow pans or containers made of heat-conducting material such as stainless steel. Keep the food depth in the container at 2-inches or less. Place the container in an appropriate refrigeration unit.									
Place the heat-conducting container with potentially hazardous food in an ice bath and stir frequently. If a sink is used for the ice bath, use an approved food preparation sink.									
Insert a rapid cool device and stir frequently.									
Separate into smaller, thinner portions (especially for large cuts of meat) and place in an appropriate refrigeration unit.	9-9 0-00								
5. Use ice as an ingredient.									
6. Place the food in a blast chiller.									
7. A combination of the above.									

NOTE: Regardless of the cooling method(s) used, monitor cooling temperatures to make sure that the cooling process is completed. Recommend using time/temperature log sheet.

If a refrigeration unit is used to cool, be certain it is capable of cooling while still maintaining other foods at/or below 41°F.

When food is placed in a refrigerator, leave enough room to allow for good air circulation around the containers. Loosely cover cooling food to protect from contamination.

If food cannot be reliably cooled, prepare the food for immediate serving or hot-holding.

FOOD TEMPERATURE COOLING LOG

The time a potentially hazardous food spends in the **DANGER ZONE** (135°F – 41°F) must be kept to a minimum. Potentially hazardous food shall be cooled rapidly from 135°F to 41°F or below within 6 hours and during this time the decrease in temperature from 135°F to 70°F shall occur within 2 hours. A cooling log is recommended to verify that the time and temperature requirements are met.

Instructions:

- 1. Record the date and food item in the columns indicated.
- 2. Take the temperature of the food item and record the temperature and time in the column indicated. If greater than 135°F, continue to monitor food until temperature reaches 135°F.
- 3. Record time when food item reaches 135°F. Record location/method food began to cool down.
- 4. Continue to monitor food for proper cooling time and temperature. After one hour, record time and temperature of food item. Record location/method if different from above.
- 5. Continue to monitor food for proper cooling time. After two hours, the food item should be at 70°F or below. Record the time and temperature of food item. Record location/method if different from above.
- 6. Continue to monitor and record food for proper cooling time and temperature each hour. At 70°F, the food should cool down to 41°F within 4 hours.

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Date	Food Item/ Identifying Mark	Start Time/Temp	Time/Temp food item reached 135°F	Method/ Location	Hour 1	Hour 2	Hour 3	Hour 4	Hour 5	Hour 6
12/22/09 (Example)	Clam Chowder/ Batch A	10am 180°F	11am 132°F	Ice bath/cool sticks, shallow pan in refrig- erator at 4 th hour	12pm 90°F	1pm 71°F	2pm 60°F	3pm 48°F	4pm 37°F	