



COOLING DOWN FOODS TEMPERATURE LOG

| Date | Food | Start Time & Temp | 1 st Hour | 2 nd Hour | 70° F or less in 2 hours? | 3 rd Hour | 4 th Hour | 5 th Hour | 6 th Hour | 41 ° F or less in 6 hours? | Corrective Actions? | Recorded By | PIC Review |
|-----------------|-----------|-------------------|----------------------|----------------------|-----------------------------|----------------------|----------------------|----------------------|----------------------|----------------------------|---------------------|-------------|------------|
| Example: 1/1/19 | Beef Stew | 8 am 135° F | 9 am 135° F | 10 am 67° F | Yes: continue No: reheat | 11 am 56° F | 12 pm 50° F | 1 pm 44° F | 8 am 38° F | Yes: label No: discard | Reheat or discard | AB | CD |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |

(Additional information on reverse side)

Rapid Cooling of Food:

- Cooling time starts when food reaches 135° F. Food may be left at room temperature until it drops to 135° F.
- Cool from 135° F to 70° F in 2 hours or less.
 - Corrective Action: If the food is more than 70° F at 2 hours, **reheat to 165°F and start over OR discard**. Reheating can only be done **one** time. If it has been more than 2 hours, the food **must** be discarded.
- If 70° F or less in 2 hours, continue to cool to 41° F in a total of 6 hours.
 - Corrective Action: If total cooling time exceeds 6 hours the food must be discarded.
- Once at 41° F, it's ready to be covered, labeled, dated, and stored in the refrigerator.

Tips for Speeding up the Cooling Process:

- Stir frequently and only loosely cover or keep food uncovered while cooling.
- Use the ice bath method by placing a pan of food inside a larger container or sink filled with a mixture of ice and water, stirring both frequently.
- Use an ice paddle with frequent stirring.
- Add ice as an ingredient.
- Place food on the top shelf or cooling rack in the refrigerator. Separate pans to allow air to flow around the food.
- Divide large food quantities into smaller portions.
- Spread thick foods into thin layers or on a sheet pan.
- Metal pans allow food to cool more quickly and are better than plastic.