

# HOW TO COOL FOOD PROPERLY

**WHY IS IT IMPORTANT?** Food that cools too slowly will stay in the Temperature Danger Zone for too long. When this happens bacteria can quickly multiply and make you sick when you eat the food.

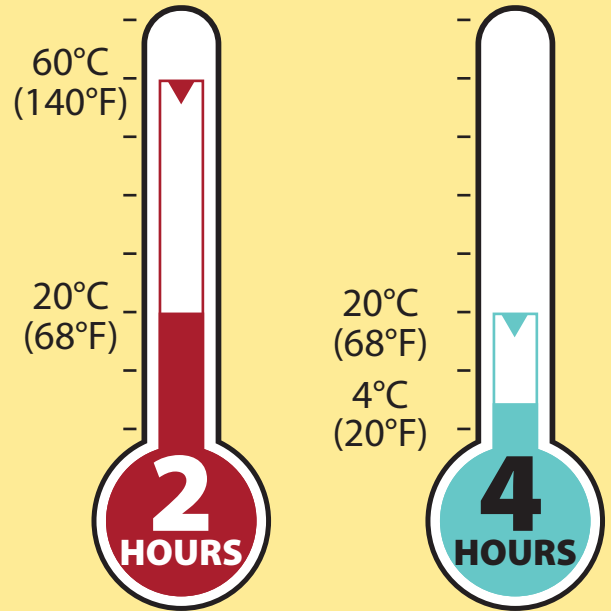
## WHAT SHOULD YOU DO?

Food should be cooled quickly. The proper cooling method follows a 2 hour/4 hour rule and happens in two steps:

Food is to be cooled from 60°C (140°F) to 20°C (68°F) within 2 hours.

Then, food is to be cooled from 20°C (68°F) to 4°C (40°F) or colder within 4 hours.

*Use a probe thermometer to check food temperatures.*

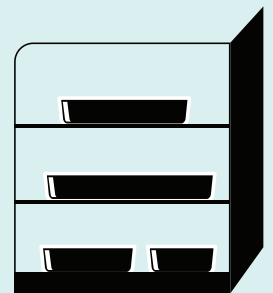


## METHODS FOR COOLING FOOD

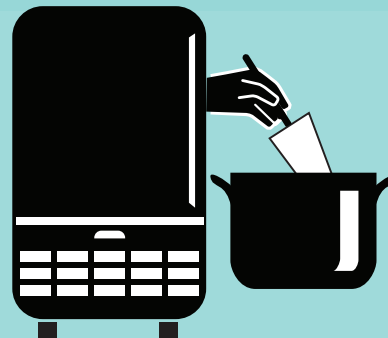
Portion food into smaller amounts and refrigerate. Cut big pieces of meat into smaller pieces.



While cooling food in a refrigerator, leave a portion of the covering on the food pan open to allow heat to escape. Do not stack pans on top of each other as air must be able to circulate around the food.



Place a pan of food in an ice-water bath and stir the food.



Use chilling equipment if available, such as an ice wand or blast chiller.