

# Cooling Foods

The following information details best cooling practices.

Please refer to the 2009 FDA Food Code, chapter 3-501.14 and 3-501.15, for complete cooling limits and methods.

## Rapid cooling is essential to the prevention of foodborne illness.

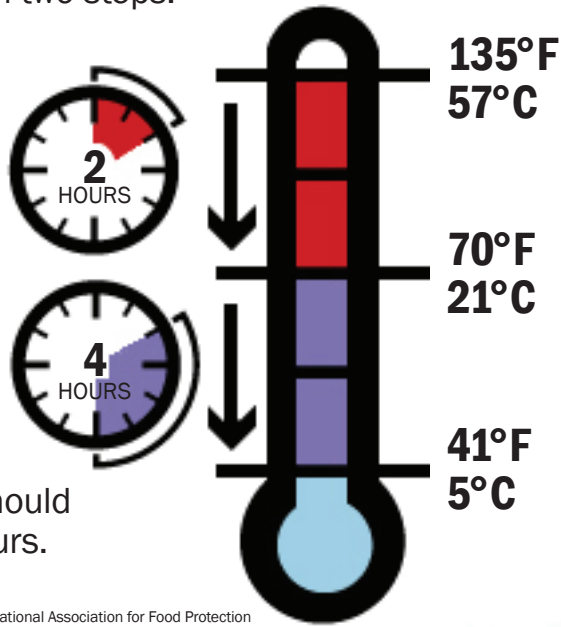
Bacteria grow rapidly in the DANGER ZONE between 135°F and 41°F. To facilitate a **RAPID COOL** through the DANGER ZONE, it is *required* that you use proper cooling methods.

### Two-Stage Cooling Method

The two-stage cooling method reduces the cooked food's internal temperature in two steps:

- From 135°F to 70°F within two hours of preparation, and ...
- From 70°F to 41°F within four hours

Total cooling time should never exceed six hours.

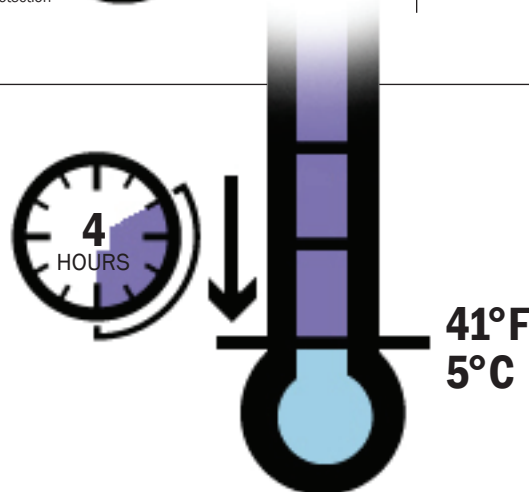


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### Approved Cooling Methods

- **Ice bath** (stir frequently)
- **Ice wands**
- **Smaller portions** (cut or separate foods into small portions to cool faster)
- **Shallow pans** (2-inch or 4-inch pans are recommended)
- **Metal pans** rather than plastic
- **Uncover or loosely cover** to allow ventilation of warm/hot foods.
- **Rapid cooling equipment** (a blast chiller, for example).

**Foods prepared from ambient temperature ingredients, such as tuna salad, must be cooled to 41°F or below within four hours of preparation.**



**Improper cooling is a leading cause of foodborne illness.**