

# IMPROPER COOLING IS A MAJOR CAUSE OF FOODBORNE ILLNESS

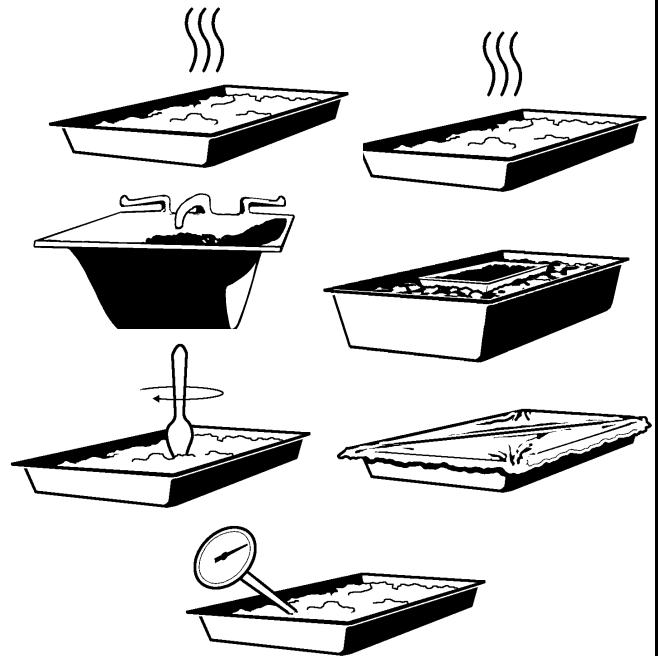
***Hot food must be cooled from 135°F to 70°F within 2 hours, and from 135°F to 41°F within a total of 6 hours.***

- ▶ Never cool food at room temperature.
- ▶ Keep containers uncovered during cooling.
- ▶ Stirring hot foods rapidly increases the cooling rate.

## 2 GREAT WAYS FOR COOLING FOODS RAPIDLY!

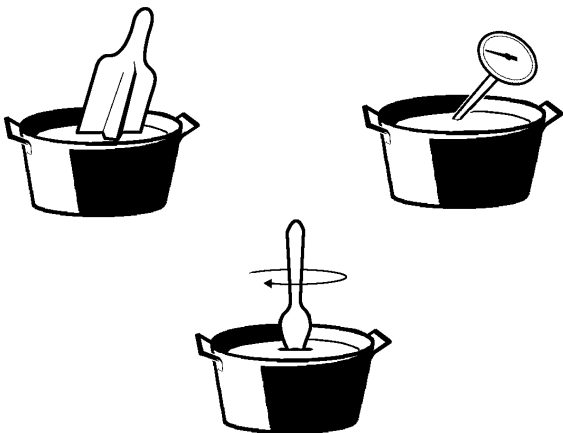
### Shallow is better!

1. Separate foods into small quantities and place them into shallow pans made of aluminum or stainless steel. The food should be no deeper than 4 inches (2 inches for thick foods).
2. Place the pan into an "ice bath" (a sink or large container) filled with ice at least three times the amount of food to be chilled.
3. Stir the food every 15 minutes. Once the food reaches an internal temperature of 135°F, place the food in a protected location in a refrigeration unit. Do not cover the food while it is cooling.
4. Check the temperature periodically and stir, to be sure the food reaches 70°F within 2 hours and 41°F within a total of 6 hours. After the food has cooled to 41°F, cover the food.



### Use a chill stick for soups and chowders!

1. Pour hot liquids into a large pot and then stir the liquid with a chill stick every 15 minutes. Leave the chill stick in the pot between stirring. Once the food reaches an internal temperature of 135°F, place the food in a protected location in a refrigeration unit.
2. Check the temperature periodically and stir. Switching out the chill stick may be necessary to reach 70°F within 2 hours as the ice in the chill stick melts. Leave the chill stick in the pot between stirring.
3. Make sure the food reaches 41°F within a total of 6 hours. After the food has cooled to 41°F, cover the food.



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