

Cooling Down Foods – Tracking Chart

Cooling Food

- Cooling time starts at 135°F.
- Cool from 135°F to 70°F within the first 2 hours, then from 70°F to 41°F within 4 more hours for a total of 6 hours of total cooling time.
- If temperature is not down to 70°F in 2 hours, **reheat to 165°F** and start over
- Reheating can only be done **one** time.
- For TCS foods at ambient temperature (ex: canned tuna, cut tomatoes), cool down to 41°F within 4 hours.
- Once at 41°F, cover, label with food name/date, and store in cooler
- Total cooling time cannot exceed 6 hours or **food must be discarded**.

Tips for Speeding up the Cooling Process

- Use the ice bath method by placing a smaller pan of food inside a larger pan filled with half ice and half water, stirring frequently.
- Use ice paddle with frequent stirring.
- Add ice as part of the ingredient.
- Use shallow pans and store in coolest part of the cooler loosely covered or uncovered.
- Divide large food quantities into smaller or thinner portions
- Spread thick foods into thin layers and place in cooler.
- Use metal pans or containers, as they cool food faster than plastic.

Date	Food	Start Time & Temp	After 1 Hour	After 2 Hours	135°F to 70°F in 2 hours?	After 3 Hours	After 4 Hours	After 5 Hours	After 6 Hours	70°F to 41°F in 4 hours?	Corrective Actions?	Employee	Verified By Manager
Example: 3/25/18	Beef Stew	8 am 135°F	9am 100°F	10am 70°F	If Yes, continue If No, Reheat	11am 60°F	12pm 50°F	1pm 45°F	2pm 38°F	If Yes, Cover, Date Label If No, Discard	No	AB	CD