Cooling Down Foods – Tracking Chart

**Cooling Food**
- Cooling time starts at 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, then from 70°F to 41°F in 4 hours.
- If the temperature is more than 70°F in 2 hours, **reheat to 165°F and start over**.
- Reheating can only be done one time.
- Once at 70°F, cool down to 41°F in 4 hours.
- Once at 41°F, it’s ready to be covered, labeled, dated, and stored in the refrigerator.
- 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.
- Place pan in coolest part of the refrigerator loosely covered or uncovered.
- Divide large food quantities into smaller portions.
- Spread thick foods into thin layers and place in refrigerator.
- Use of metal pans is preferred, as they cool food faster than plastic.

<table>
<thead>
<tr>
<th>Date</th>
<th>Food</th>
<th>Start Time &amp; Temp</th>
<th>After 1 Hour</th>
<th>After 2 Hours</th>
<th>135°F to 70°F in 2 hours?</th>
<th>After 3 Hours</th>
<th>After 4 Hours</th>
<th>After 5 Hours</th>
<th>After 6 Hours</th>
<th>70°F to 41°F in 4 hours?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: 1/1/10</td>
<td>Beef Stew</td>
<td>8 am 135°F</td>
<td>9 am 100°F</td>
<td>10 am 70°F</td>
<td>If Yes, continue</td>
<td>11 am 60°F</td>
<td>12 pm 50°F</td>
<td>1 pm 45°F</td>
<td>2 pm 38°F</td>
<td>Yes, cover, label, date</td>
</tr>
</tbody>
</table>

**Corrective Actions?**
- If Yes, continue
- If No, Reheat

**Employee**
- AB

**Verified By Manager**
- CD