6 KEY THINGS TO KNOW ABOUT COOLING FOODS

Proper cooling prevents illness.

1

It is important to follow the proper process for cooling hot foods. If cooled improperly, dangerous bacteria can grow and make people sick. These bacteria produce toxins that may not be destroyed by reheating.

When cooling, time is very important.

2

2-STEP PROCESS
Food must be cooled from 60˚C to 20˚C within 2 hours and; from 20˚C down to 4˚C within 4 hours
(6 hours total)

1-STEP PROCESS
Cool foods made from room temperature ingredients to 4˚C in 4 hours or less

3 food factors can affect cooling.

3

SIZE
Break foods down into smaller portions.

DENSITY
Use quick cooling methods for thick foods.

CONTAINER
Use shallow containers made of metal.

Use one of 6 cooling methods.

4

1. Use shallow pans.
2. Put container in ice bath.
3. Stir with ice wand/paddles.
4. Add ice to cooked/condensed food.
5. Use a blast chiller.
6. Pre-chill ingredients used to make foods at room temperature.

Monitor & log the cooling process.

5

Frequent monitoring (and stirring, if necessary) is important to make sure foods reach the right temperatures. Use a cooling log to track the process.

Take corrective action if necessary.

6

If cooling does not happen fast enough, it is important to take action to correct the situation. This may include employing other methods, reheating the food and restarting the process, or discarding the food.
Safety first!

Adapted with permission from The Steritech Group, Inc.
3314 JD June 2018

For more information
call 1-800-660-5853
or visit www.healthunit.org

Leeds, Grenville & Lanark District HEALTH UNIT
Your Partner in Public Health
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