

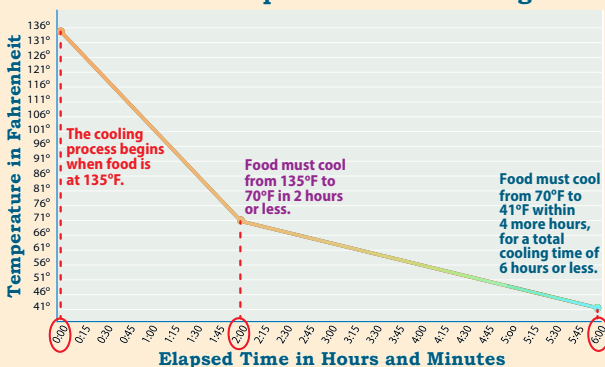


# YOUR FOOD MUST CHILL!

**PROPER COOLING METHODS PREVENT BACTERIAL GROWTH AND KEEP YOUR CUSTOMERS SAFE.**

Prepared foods must be cooled from 135°F to 70°F within 2 hours; and from 70°F to 41°F within 4 more hours for a total cooling time of 6 hours or less. Use the following methods to help your food chill as quickly as possible.

## Minimum Time Requirement for Cooling Foods



### ICE BATH



Place food in a metal container and surround it with a mixture of ice and water that reaches at least to the level of the food. Stir the food often to make sure it cools evenly. If needed, replace or replenish the ice to keep the container surrounded. Ice baths work well with an ice wand as a combination method.

### ICE WAND



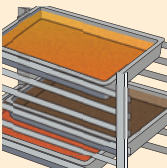
Fill the wand with water and freeze it in advance or fill it with ice water for immediate use. Make sure the wand is clean and sanitized before inserting into food. Stir regularly to ensure even cooling. Replace wand or refill with ice water, as needed. Ice wands work well with ice baths as a combination method.

### ICE AS AN INGREDIENT



Ice doesn't have to be just frozen water! Add frozen stock, vegetables, or other ingredients at the end of cooking to help your food cool quickly without watering it down. This method can easily drop your food from 135° to 70° or less in just a few minutes, giving you almost a full 6 hours to get from 70°F to 41°F in the refrigerator.

### SPREAD FOOD IN THIN LAYERS



Spread food out on sheet trays or place it in shallow, metal pans and put uncovered in the refrigerator until cool. Leave space between pans so that cold air can reach the food and the heat can escape. Stir food regularly to make sure it cools evenly. Pre-chilling food with one of the above methods first can help make sure you don't overwork your refrigerator.

### DIVIDE LARGE ROASTS



Large roasts hold a lot of heat inside and cool slowly. Carve large roasts into smaller pieces weighing 4 pounds or less to help them cool quickly. Place in the refrigerator uncovered until they are cool.

## ACHD RESOURCE LIBRARY

Find cooling charts in several languages and other useful resources at [alleghenycounty.us/food-safety-library](http://alleghenycounty.us/food-safety-library).



# MY FOOD DIDN'T CHILL. WHAT SHOULD I DO?



Having a strategy planned in advance can help you react if your food does not chill quickly enough. Get cooling charts and other resources from [alleghenycounty.us/food-safety-library](http://alleghenycounty.us/food-safety-library).

## **SITUATION #1: FOOD IS ABOVE 90°F AT 1.5 HOURS INTO THE COOLING PROCESS**

**Corrective Action:** Add an additional cooling strategy such as spreading food into thinner layers or putting food into an ice bath.

## **SITUATION #2: FOOD IS ABOVE 70°F AT 2 HOURS INTO THE COOLING PROCESS**

**Corrective Action:** Reheat food to 165° and begin cooling process again. To avoid facing the same problem again, add an additional cooling strategy such as pre-chilling in an ice bath and/or spreading food into thinner layers.

## **SITUATION #3: FOOD IS ABOVE 50°F AT 5 HOURS INTO THE COOLING PROCESS**

**Corrective Action:** Add an additional cooling strategy such as spreading food into thinner layers or putting food into an ice bath.

## **SITUATION #4: FOOD IS ABOVE 41°F MORE THAN 6 HOURS INTO THE COOLING PROCESS**

**Corrective Action:** Unfortunately, this food must be discarded. Monitoring temperatures and reacting earlier in the process can help you save your food.

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### **FOOD SAFETY TRAINING**

ACHD offers food safety certification classes. For more information, visit [bit.ly/ACHDFoodCertification](http://bit.ly/ACHDFoodCertification).



### **ACHD FOOD SAFETY PROGRAM**

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