

Cool Food Quickly

Keep food out of the Danger Zone
by cooling hot food fast



Cut large pieces of meat into smaller ones



Divide food into smaller portions



Transfer food to shallow containers



Use an ice bath, stir frequently



Monitor temperature with a sanitized
thermometer and record results

2-Step Cooling Method:

Cool from 60°C to 20°C in 2 hours, 20°C to 4°C in 4 hours

Proper cooling can help prevent the growth of
harmful bacteria **AND** the formation of their toxins.

Questions? Contact Us.