WASHOE COUNTY
HEALTH DISTRICT
ENHANCING QUALITY OF LIFE

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.

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: 1/1/10	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	**Yes** Cover, Label, Date	No	AB	CD

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