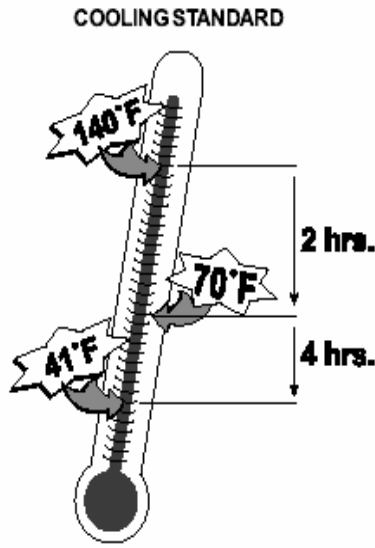




Multnomah County Environmental Health Department

IMPROPER COOLING IS THE MAJOR CAUSE OF FOODBORNE ILLNESS



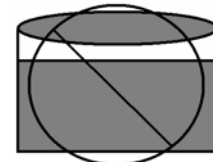
Hot food must be cooled from 140° F. to 70° F. within 2 hours, and from 70° F. to 41° F. within 4 additional hours.

- ☛ Never cool food at room temperature once food reaches 140°F.
- ☛ Uncovered containers cool faster than covered containers
- ☛ Stirring hot foods rapidly increases the cooling rate.
- ☛ Do not start cooling until product reaches 140° F.
- ☛ Fill Ice Paddle only to fill line.

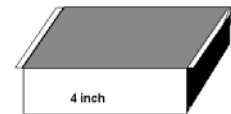
2 GREAT WAYS FOR COOLING FOODS RAPIDLY

Shallow is Better!

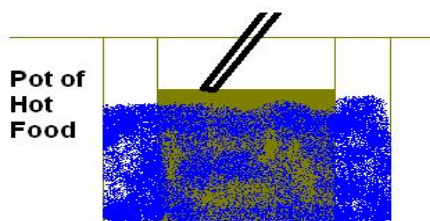
1. Separate foods into small quantities and place them into shallow pans made of aluminum or stainless steel. The food should be no deeper than 4 inches (2 inches for thick foods.) OR
2. Place the pan into “ice bath”(a sink or large container) filled with ice at least three times the amount of food to be chilled
3. Stir the food every 15 minutes. Once it reaches an internal temperature of 70° F within 2 hours continue to stir frequently until the internal temperature lowers to 41° F in an additional 4 hours.
4. Check temperature to ensure the food reaches 41° F additional within 4 hours. Total cooling time should be not greater than 6 hours.



Cooling in Deep Pot



Stir With Spoon or Ice Paddle.



Using ice bath for cooling hot foods.

Use a “Rapid Cool Ice Paddle” for thicker soups, chili and chowder

1. Pour hot liquids into a large pot, and then stir the liquid with ice paddle every 15 minutes.
2. Additional ice paddles maybe necessary to reach 70° F within 2 hours.
3. Continue to stir and maintain ice bath and paddles until internal temperature of 41° F has been reached within 4 hours.