**COOLING DOWN FOODS TEMPERATURE LOG**

<table>
<thead>
<tr>
<th>Date</th>
<th>Food</th>
<th>Start Time &amp; Temp</th>
<th>1st Hour</th>
<th>2nd Hour</th>
<th>Temperature 70°F or less in 2 hours?</th>
<th>3rd Hour</th>
<th>4th Hour</th>
<th>5th Hour</th>
<th>6th Hour</th>
<th>Temperature 41°F or less in 6 hours?</th>
<th>Corrective Actions?</th>
<th>Recorded By</th>
<th>PIC Review</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: 1/1/19</td>
<td>Beef Stew</td>
<td>8 am 135°F F</td>
<td>9 am 135°F F</td>
<td>10 am 67°F F</td>
<td>Yes: continue No: reheat</td>
<td>11 am 56°F F</td>
<td>12 pm 50°F F</td>
<td>1 pm 44°F F</td>
<td>8 am 38°F F</td>
<td>Yes: label No: discard</td>
<td>Reheat or discard</td>
<td>AB</td>
<td>CD</td>
</tr>
</tbody>
</table>

*Additional information on reverse side*
**Rapid Cooling of Food:**

- Cooling time starts when food reaches 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 or less.
  - Corrective Action: If the food is more than 70° F at 2 hours, **reheat to 165°F and start over OR discard**. Reheating can only be done one time. If it has been more than 2 hours, the food must be discarded.

- If 70° F or less in 2 hours, continue to cool to 41° F in a total of 6 hours.
  - Corrective Action: If total cooling time exceeds 6 hours the food must be discarded.

- Once at 41° F, it’s ready to be covered, labeled, dated, and stored in the refrigerator.

**Tips for Speeding up the Cooling Process:**

- Stir frequently and only loosely cover or keep food uncovered while cooling.

- Use the ice bath method by placing a pan of food inside a larger container or sink filled with a mixture of ice and water, stirring both frequently.

- Use an ice paddle with frequent stirring.

- Add ice as an ingredient.

- Place food on the top shelf or cooling rack in the refrigerator. Separate pans to allow air to flow around the food.

- Divide large food quantities into smaller portions.

- Spread thick foods into thin layers or on a sheet pan.

- Metal pans allow food to cool more quickly and are better than plastic.