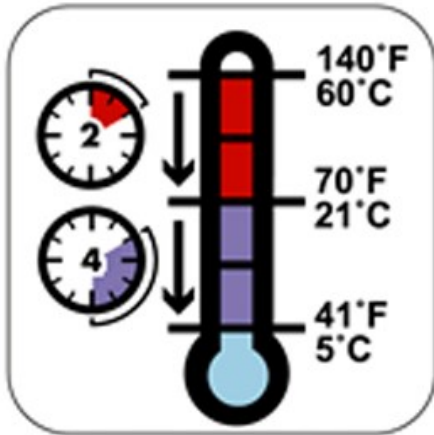


Cooling Parameters

Cooling food is an **active process** that prevents bacteria from growing!



Foods must be cooled from:

- 135-70°F in the first **2** hours
- 70-41°F in the next **4** hours



Cool food quickly by:

- Using **ice baths**
- Using **ice paddles**
- Separating food into smaller portions



- Use a food thermometer to **monitor** food temperatures.
- Record temperatures in your cooling log



**MESA COUNTY
PUBLIC HEALTH**
Working Together for a Healthy Community

For additional food safety resources go to

www.health.mesacounty.us

(970) 248-6900