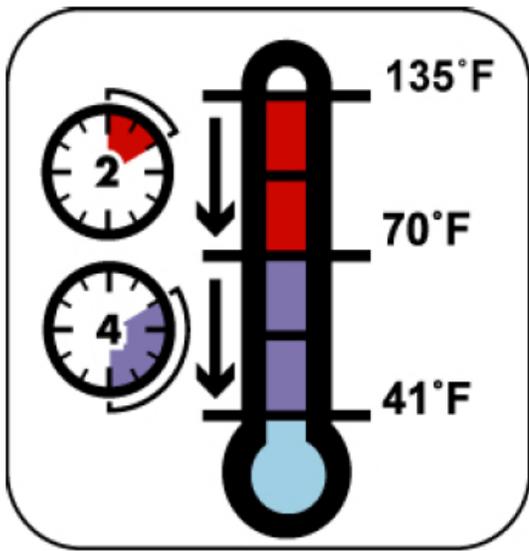


# Cooling Hot Food Properly

To safely cool hot food  
the temperature must drop from:

**135°F to 70°F within 2 hours**  
**70°F to 41°F within 4 hours**

Temperatures must be monitored by  
using a sanitized, calibrated thermometer.



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## Cooling Methods:

- Use **pre-chilled, shallow pans** (2-3 inches deep) and refrigerate food immediately.
  - Store uncovered on top shelf, or cover loosely allowing heat to escape and place on another shelf.
- Use an **ice bath**.
  - Submerge hot containers of food in a mixture of ice and water. Use a food sink or large container and stir food frequently.
- Use a sanitized **ice wand**.
  - Sanitize the wand after use and store in a covered container or food grade bag in the freezer.  
*Note: start cooling with wand at approximately 135°F. Wand may crack if used in foods above 180°F.*
- **Add ice or frozen ingredients** to reduce the temperature.
- Separate food into **smaller and thinner portions**.
- **Pre-chill ingredients** used for making bulk items such as salads.
- Use a quick-chill unit such as a **blast chiller**.



Remember – all foods must be covered after cooled to 41°F.