



**Public Health**  
Prevent. Promote. Protect.

# Effingham County Health Department

*"Where Prevention Begins"*

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## COOLING PROCEDURES

**Requirements:** Cooked potentially hazardous foods shall be cooled from 135° F to 70° F within 2 hours, and from 70° F to 41° F or below, within 4 more hours ( or within a total of 6 hours).

**Definition:** Potentially Hazardous Foods are any foods that consist in whole or in part of milk or milk products, eggs, meat, poultry, fish, shellfish, edible crustacea, or other ingredients, in a form capable of supporting rapid growth of infectious or toxicogenic micro-organisms.

### Recommendations for Cooling Procedures:

- 1) Large portions of food should be broken down into smaller containers.**
  - Cut ten pound roasts into fourths.
  - Large pots of soup placed into several small containers.
- 2) Place food items to be cooled in shallow containers.**
  - Limit depth of food, 2-4 inches.
  - Large shallow pans provide more surface area.
  - Do not store foods packed tightly in containers.
- 3) Place foods in ice baths for rapid cooling.**
  - Place pots of soup etc. in tubs of ice.
  - Stir foods frequently to reduce cool down time.
- 4) Place foods to be cooled in high air movement areas of coolers.**
  - Designate certain areas of coolers for cooling procedures.
  - Leave foods being cooled uncovered, allowing heat to escape, insuring no potential sources of cross contamination are present.
- 5) Utilize stem thermometers and labels to insure foods are cooled properly.**
  - Take internal temperatures of food during cooling.
  - Log temperatures on required labels for verification.
- 6) Rapidly reheat previously cooked foods to at least 165° F or higher throughout and maintain temperature for at least 15 seconds before serving.**

TIME AND TEMPERATURE IS IMPORTANT