

Cool Food Quick

So You Don't Get Sick!

Disease causing bacteria grow best in the “temperature danger zone” of 41° to 135°F

Temperature Danger Zone

The faster foods pass through the “temperature danger zone”, the better!

Cool cooked foods from 135°F to 70°F within 2 hours



Cool foods made from room temperature ingredients (e.g., canned tuna and cut melon) to 41°F or below within 4 hours



and from 135°F to 41°F or below within 6 hours total



Cool food quickly!

- Cool food in portions less than 3 inches deep.
- Use metal containers. Consider pre-chilling metal pans.
- Allow good airflow. Don't cover or stack containers.
- Use both an ice wand and an ice bath together. Replace ice when it melts.
- Use multiple cooling methods to meet cooling requirements for thicker foods, such as chili or roasts. These foods will take longer to cool.
- Test your cooling process to make sure it works, then write the process down as part of the recipe so others can repeat it.

Why is this important?

Roughly 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne disease (CDC). Foodborne disease costs the U.S. public over \$15.5 billion each year (e.g., medical costs, loss of wages) (USDA). When in doubt, throw food away. You don't want to make people sick!