

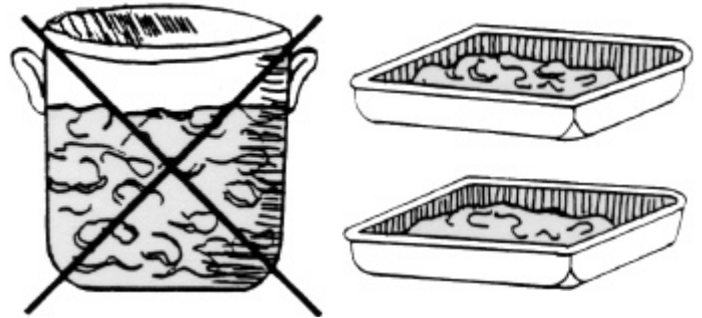
COOLING PREPARED FOODS

Foods require refrigeration after preparation. Foods must be rapidly cooled to prevent bacterial growth. All bacteria are not killed by cooking; some are heat-resistant. Foods cooled too slowly allow bacteria to grow rapidly. Reheating does not always make food safe to eat.

Prepared food must be rapidly cooled to an internal temperature of 41°F or below. This must always be done as quickly as possible. Here's how:

STEP 1 ~ REDUCE SIZE OF FOOD

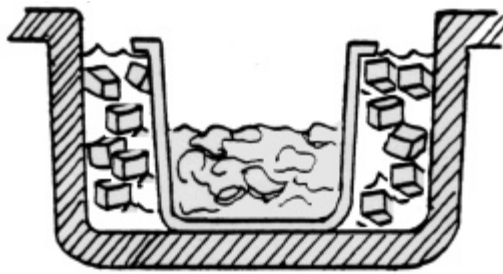
- ◇ Smaller portions cool faster
- ◇ Slice meats such as roasts or ham
- ◇ Use shallow containers for food storage (generally 2 - 4 inches deep)



STEP 2 ~ USE AN ICE WATER BATH OR. . .

Within 2 hours: 140°F to 70°F

- ◇ Place shallow containers into ice water bath, making sure ice completely surrounds food container
- ◇ Stir frequently until temperature reaches 70°F



AN ICE STICK

- ◇ Fill with tap water
- ◇ Freeze
- ◇ Insert and stir



STEP 3 ~ REFRIGERATE

Within 4 hours: 70°F to 41°F or below

- ◇ Cover and refrigerate food
- ◇ Continue to stir food until product reaches 41°F or less

USE A PROBE THERMOMETER

- ◇ Sanitize the thermometer before EACH use to eliminate possible cross-contamination
- ◇ Take the temperature in the center of the food
- ◇ Recalibrate the thermometer periodically, especially after an extreme temperature change or if the thermometer has been dropped (see product directions for instructions)
- ◇ Use a thermometer often — it's the only way to be sure foods are at safe temperatures!

