

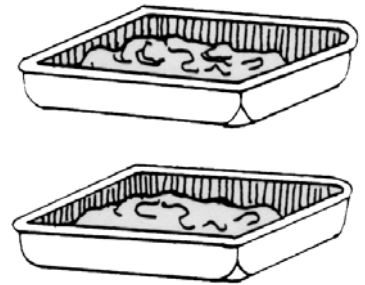
COOLING PREPARED FOODS

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

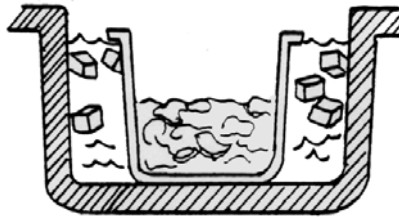
- ◆ Smaller portions cool faster
- ◆ Slice meats such as roasts or ham
- ◆ Use shallow containers for food storage (generally 2 - 4 inches deep)



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

Within 2 hours: 135°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

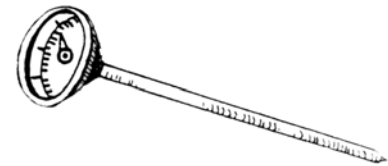
- ◆ Fill with tap water
- ◆ Freeze
- ◆ Insert and stir



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!



Washtenaw County
Department of Planning & Environment
Phone: (734) 222-3800
<http://foodsafety.ewashtenaw.org>

Rev. 7/08