

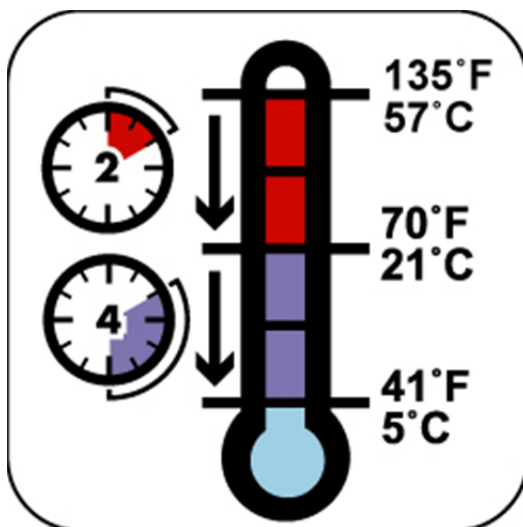


Northeast Tri County Health District Environmental Health Division

Cooling Foods Using the Time & Temperature Method

Potentially hazardous foods may be cooled using any of the methods listed below if the following time and temperature criteria are met. When using this method to cool foods the **time and temperature must be monitored**.

Time and Temperature Criteria



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Food must be cooled from **135° F – 70° F** within **2 hours**.

Food must be cooled from **70° F – 41° F** or below within **4 hours**.

Cooling Methods

- Separate the food into smaller or thinner portions
- Place the food in an ice bath and stir frequently until cool
- Add ice as an ingredient
- Use containers that facilitate heat transfer
- Other methods that allow food to cool in the required time may be used

For additional information contact:

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