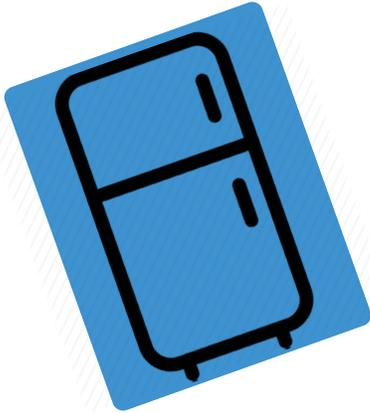
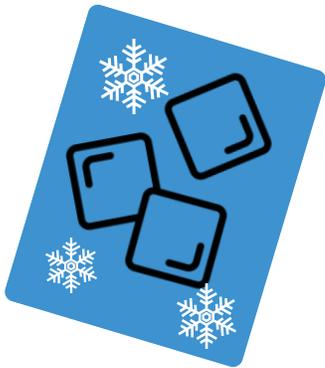


Cooling Food For Food Safety

Food should be 41 degrees or cooler within 6 hours! Follow the steps below:



STEP ONE: Cool food from 135 degrees to 70 degrees within 2 hours.



STEP TWO: Cool food from 70 degrees to **41 degrees** within 4 hours.

Cooling Tips:

-  Divide large containers into shallow pans for faster cooling.
-  Use an ice bath with frequent stirring.
-  Use an ice paddle or add ice as an ingredient.
-  Loosely cover food containers while cooling, do not tightly wrap.



Forsyth County
Department of Public Health

Promoting Health, Improving Lives
Environmental Health Services Division