# Welcome to a LCHD Educational Presentation on Cooling of Foods

A quiz will be given first to see what the staff knows about cooling of foods

Lake County
Health Department and
Community Health Center

# Question 1:

Food must cool from 135°F to 70°F within ____ hours.

A. 4
B. 2
C. 6
D. 24

# Question 2:

Food must cool from 70°F to 41°F within ___ hours.

A. 2
B. 4
C. 6
D. 24

# Question 3:

When using an ice bath, it is recommended to stir the food every ___ minutes.

A. 15
B. 20
C. 25
D. 30

# Question 4:

Which method below is a proper way to cool potentially hazardous foods?

A. Ice Bath
B. Ice Wand
C. Ice Bath & Ice Wand
D. All of the above

# Question 5:

A 5 gallon container of chili is being cooled using an ice bath. After 2 hours, the temperature of the chili is 88°F. What should be done?

A. Discard the chili
B. Place chili in the freezer
C. Rapidly reheat the chili and restart the cooling process
D. Continue the cooling process

# Question 6:

## Why is cooling foods important?

A. To prevent foodborne illnesses
B. To keep food fresh
C. To store food longer than 7 days
D. To improve the taste of food

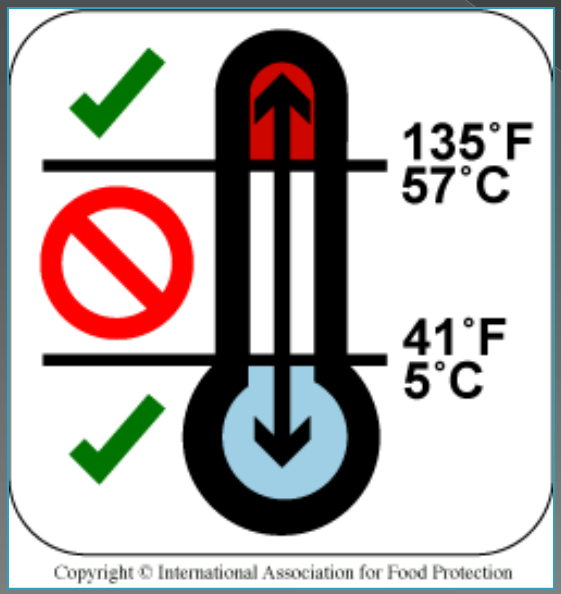
# Proper Cooling Procedures

# Cooling Basics:

- What is cooling?
- Why is cooling important?
- Steps to take before cooling
- Temperatures and times for safe cooling
- Safe methods for cooling
- Tips and trouble shooting

# What is cooling?

- Cooling is the process of moving food through the temperature danger zone rapidly.



# Why is cooling important?

- To prevent foodborne illnesses
- To slow bacterial growth
- To limit food waste

# Before Cooling:

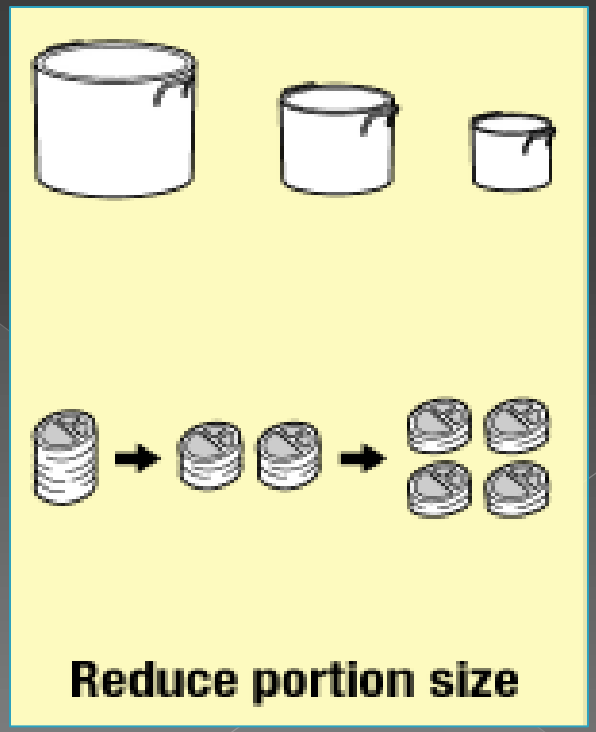
## Use shallow containers

# Before Cooling:

De-bone or slice large pieces of meat or poultry before refrigerating

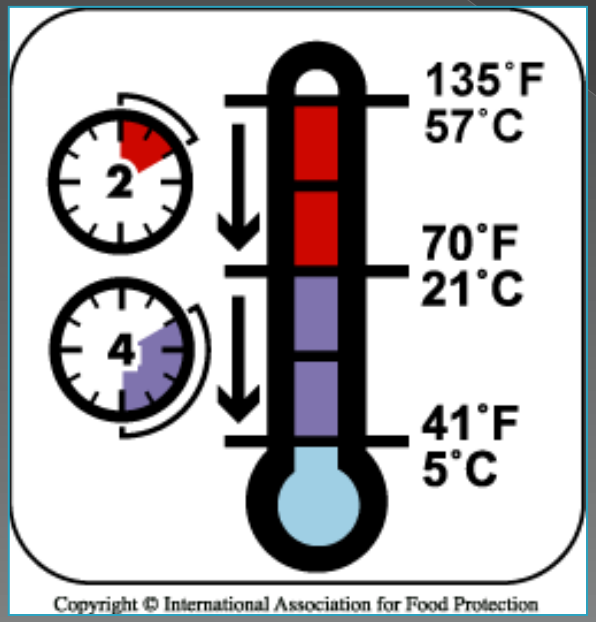
# Before Cooling:

- Reduce large portions of food into smaller portions
- Limit depth of food (2 inches)



# Cooling takes place in two phases:

1. Food must cool from135°F to 70°F within the first 2 hours
2. Food must cool from 70°F to 41°F within the next 4 hours



# Methods for Cooling: Ice Bath

- Use a combination of ice and water
- Make sure the level of the ice is at or above the food
- Stir every 15 minutes
- May place food in refrigerator when it reaches 70°F

# Methods for Cooling: Ice Wand

- Clean and sanitize ice wand and then place in protected area in freezer
- Insert ice wand into food
- Stir every 15 minutes

# Cooling with an Ice Wand *AND* an Ice Bath!

# Cooling Tips:

- Pre-chill all containers and ingredients of cold salads before mixing together
- Use the coldest refrigerator (i.e. walk-in cooler)
- Don’t stack containers of hot food
- Allow good air circulation around each container
- Monitor complete cooling process to make sure proper temperatures are reached

# What If:

- Food doesn't cool to 70°F within 2 hours?
  - Rapidly reheat foods to 165°F, then cool to 70°F within 2 hours
  - Not an option if temperature is above 70°F for more than 4 hours-food must be discarded

# Any Questions?

Now, time to review the quiz.

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