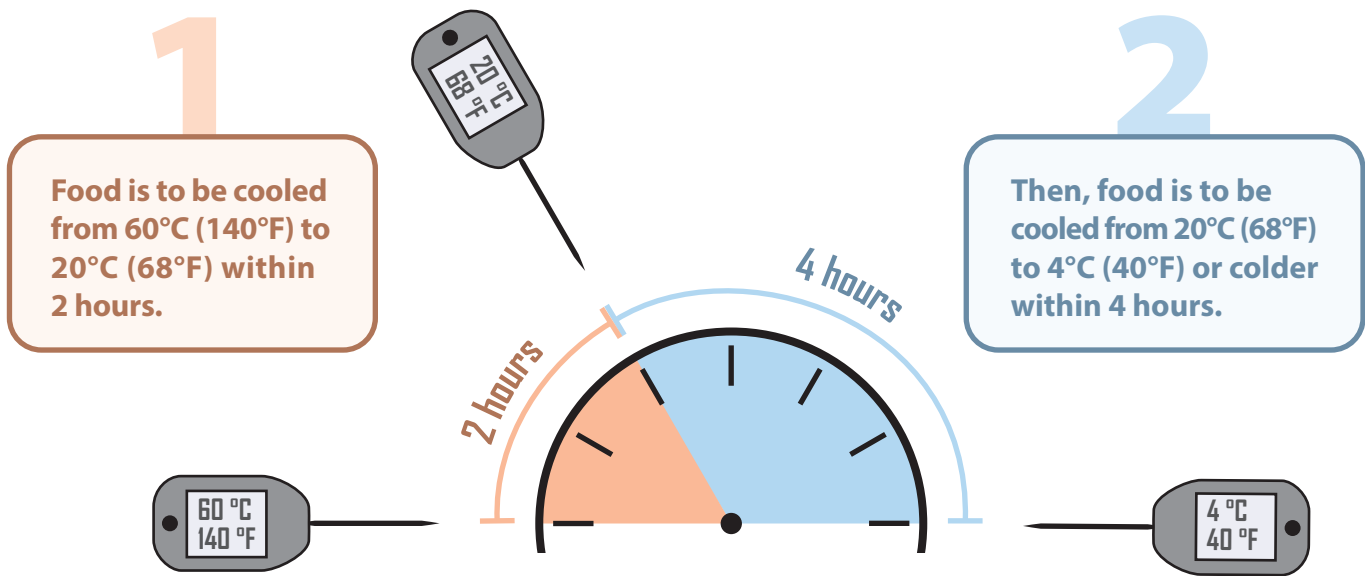


Cooling potentially hazardous foods safely

Prevent bacterial growth by cooling hot foods quickly to the refrigerator storage temperature of 4°C (40°F). Hazardous foods that cool too slowly will stay in the Temperature Danger Zone (between 4°C and 60°C) for too long. When this happens, bacteria can multiply rapidly and can make people sick when they eat the food.

Use the “2 hour/4 hour” rule, which is a two-stage cooling process:



Speed up the cooling process

1

Portion food into smaller amounts. Cut big pieces of meat into smaller pieces.

Use a shallow dish to allow for faster cooling compared to deep containers.

Use ice, chilling equipment (ice wand or blast chiller) or an ice-water bath while stirring the food.

2

Once the food has cooled to 20°C (68°F) within 2 hours, then it can be placed in the refrigerator. Allow the cool air in the refrigerator to circulate around the food. Do not stack pans on top of each other. Do not overfill your fridge. Leave a small portion of the food pan temporarily uncovered to allow heat to escape.