

Why is My Food Not Cooling Quickly?

Covered while cooling



Cooling in large deep containers



Holding equipment used for cooling



Cooling at room temperature



Hot food needs to be cooled quickly to prevent foodborne illness outbreaks caused by germs. Ten years of data (1998 to 2008) show 504 outbreaks of foodborne illness in restaurants were caused by hot food cooled too slowly.

When foods are not cooled properly, a bacteria known as *C. perfringens*, which can be found on raw meat and poultry, in the intestines of animals, and in the environment, can grow. Common sources of *C. perfringens* infection include meat, poultry, gravies, and other foods cooked in large batches and held at an unsafe temperature.

These bacteria make spores, which act like protective coatings that help the bacteria survive. Under certain conditions, such as food kept at an unsafe temperature (between 40°F–140°F), *C. perfringens* can grow and multiply. After someone swallows the bacteria, it can produce a toxin (poison) that causes diarrhea.

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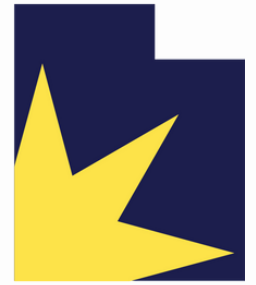
On the Web

swuhealth.org/environmental-health

Utah food services rules on the web:

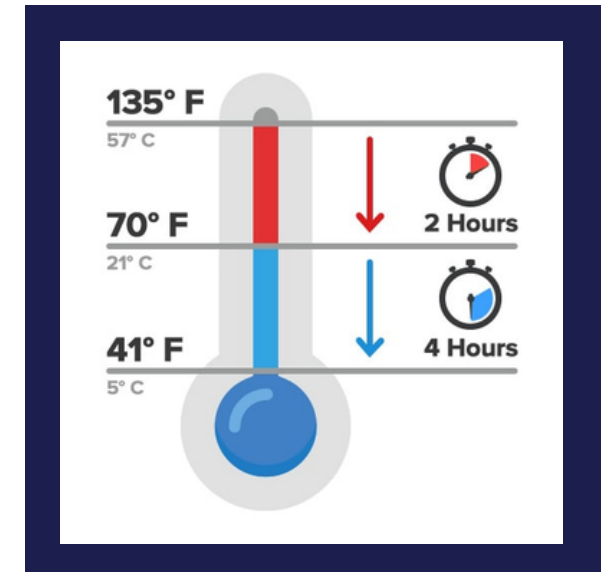
rules.utah.gov/publicat/code/r392/r392-100.htm

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Proper Cooling Techniques: Preventing Food-borne Illness

Environmental Health
Division

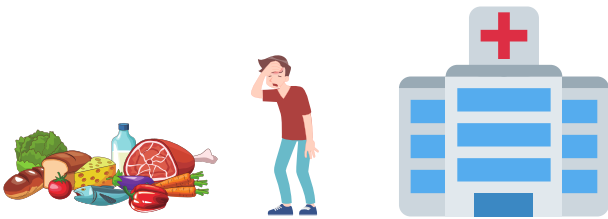


Why Should I Cool Food Quickly?

Cooling food quickly prevents growth of harmful bacteria. Improperly cooling Potentially Hazardous Food is a leading cause of food poisoning. Every year in the United States, food poisoning leads to:

- **76 million illnesses**
- **323,000 hospital visits**
- **5,000 deaths**

Source: Centers for Disease Control (CDC)



Tips

Always have a probe-type thermometer on hand to check the temperatures of cooling food.

Always have ambient thermometers inside refrigeration equipment and check them at least once per shift.

Maintain refrigeration equipment in good working condition so that it is able to quickly cool food.

Cooling Potentially Hazardous Food

Potentially Hazardous Foods (PHF) are foods in which bacteria will grow rapidly if temperature is not controlled properly. These include:

Any raw or cooled meat & other products of animal origin:

Beef, chicken, pork, fish, seafood, eggs

Cooked Foods:

Potatoes, rice, beans, pasta, vegetables, sauces, salsa

Dairy Products:

Milk, cheese, dairy-based sauces

Time & Temperature

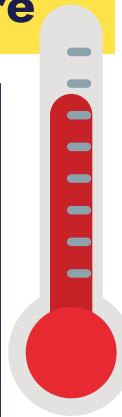
Within the **FIRST 2 HOURS:**

Cool to 70°F

AND

In a total of 6 HOURS:

Cool to 41°F



You have a total of 6 hours to cool PHF to 41°F, provided PHF reaches 70°F within 2 hours.

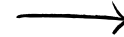
PHF ingredients that are prepared at room temperature, such as canned meats, must be cooled to 41°F within 4 hours.

Proper Cooling Methods

PHF will cool quickly if you use these methods:

For All Foods:

Shallow pans placed inside refrigeration equipment



For Liquid Foods:

Ice Water Bath



OR

Ice Stick

