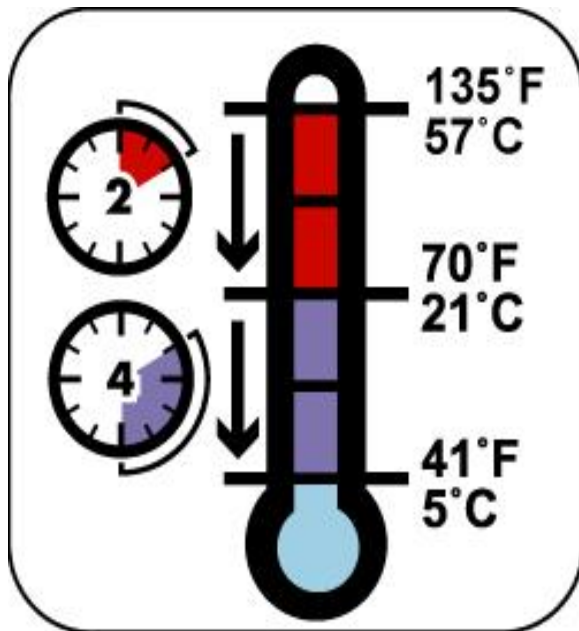


# Cool it Quickly

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Cooling hot foods rapidly is important to keep bacteria that can cause illness from growing in food.



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Foods may be cooled with either method:

**1. Shallow pan cooling:**

Two-inch deep layer of food in an uncovered pan refrigerated at 41° F

**2. Two-tier time and temperature cooling:**

- Cool from 135° F to 70° F within 2 hours
- Cool from 70° F to 41° F within 4 hours