Cooling Verification Log Sheet



Cooling Requirements

- Food may be left at room temperature until it cools down to 60°C
- Cooling time starts when the food reaches 60°C.
- High Risk food must then be cooled from 60°C to 21°C within 2 hours
- Once it reaches 21°C it must be covered, labelled and placed into the refrigerator and must be cooled to 5°C within the next 4 hours.

Food that is has not been cooled to 5°C within this 6 hour time frame must be discarded.

Tips for Speeding up the Cooling Process

- Use the ice bath method by placing a smaller pan of food inside a larger pan filled with half ice and half water, stirring frequently.
- Use ice paddle with frequent stirring.
- Add ice as part of the ingredient.
- Place pan in coolest part of the refrigerator loosely covered or uncovered.
- Divide large food quantities into smaller portions
- Spread thick foods into thin layers and place in refrigerator.
- Use of metal pans is preferred, as they cool food faster than plastic.

DATE	FOOD	START TIME & TEMP	AFTER 1 HOUR	AFTER 2 HOURS	From 60°C to 21°C	AFTER 3 HOURS	AFTER 4 HOURS	AFTER 5 HOURS	AFTER 6 HOURS	comments
EXAMPLE	Beef Stew	8am	9am	10am		11am	12pm	1pm	2pm	OK
1/1/18		60°C	38°C	20°C	Yes	17°C	13°C	8°C	4°C	