COOLING LOG

Use this log to verify the effectiveness of your cooling process. The start time for the cooling process begins immediately when the internal food temperature measures 135°F from using a probe thermometer. Then there is a maximum cooling period of 6 hours where the food must initially reach 41°F. Measure temperatures every 15 to 30 minutes and record them down in the space below at every hour.

<table>
<thead>
<tr>
<th>Date</th>
<th>Food Item and Final Cooking Temp</th>
<th>Start Time</th>
<th>Temp at end of Hour 1</th>
<th>Temp at end of Hour 2</th>
<th>Temp at end of Hour 3</th>
<th>Temp at end of Hour 4</th>
<th>Temp at end of Hour 5</th>
<th>Temp at end of Hour 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: 5/14/20</td>
<td>Beans 186°F at 12:30 P.M.</td>
<td>2:30 P.M.</td>
<td>113°F</td>
<td>70°F</td>
<td>65°F</td>
<td>59°F</td>
<td>48°F</td>
<td>39°F</td>
</tr>
</tbody>
</table>

Verify that the food cools to 70°F or below within 2 hours. If less than 2 hours, food should be reheated immediately to 165°F and the cooling process must be restarted. If greater than two hours, food must be discarded.

Food must be discarded if food temperature does not reach 41°F or lower within 6 hours.

Hot foods must be sufficiently cooled prior to storing inside refrigerators to prevent heating up cold foods.

Active Cooling Methods
- Shallow trays
- Small pots
- Metal containers
- Ice baths
- Frequent stirring
- Ice paddles
- Blast chillers
- Cold water rinse

California Health and Safety Code § 114002 and 114002.1

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