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.

	+135°F	= 135°F	135°F ➔ 70°F		70°F ➔ 41°F			
Date	Food Item and Final Cooking Temp	**Start Time**	Temp at end of **Hour 1**	Temp at end of **Hour 2**	Temp at end of **Hour 3**	Temp at end of **Hour 4**	Temp at end of **Hour 5**	Temp at end of **Hour 6**
Example: 5/14/20	*Beans 186°F at 12:30 P.M.*	*2:30 P.M.*	*113°F*	*70°F*	*65°F*	*59°F*	*48°F*	*39°F*

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