

# Santa Clara County – Senior Nutrition Program

## COOL DOWN LOG



### Cooling Down Procedure

- Cooling time starts at 135°F. Food may be left at room temperature until it drops to 135°F.
- Cool from 135°F to 70°F in 2 hours, then from 70°F to 41°F in 4 hours.
- If the temperature is above 70°F in 2 hours, reheat to 165°F and start over.
- Reheating can only be done one time.
- Once at 70°F, cool down to 41°F in 4 hours
- Once at 41°F, food is ready to be covered, dated, and stored in the refrigerator.

### 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.

Date	Food Item	Start Time	Time	Time	135°F to 70°F in 2 hrs.?	Time	Time	70°F to 41°F in 4 hrs.?	Time	Time	Corrective Actions? If yes, summarize on page 2	Recorded By
		°F Temp.	°F Temp.	°F Temp.	Yes – continue No – reheat	°F Temp.	°F Temp.	Yes – label & date No – discard	°F Temp.	°F Temp.		
<i>Example 1/1/21</i>	<i>Beef Stew</i>	<i>8 am</i> <i>135</i>	<i>9 am</i> <i>110</i>	<i>10 am</i> <i>65</i>	<i>Yes, continue</i>	<i>11 am</i> <i>55</i>	<i>12 pm</i> <i>43</i>	<i>Yes.</i> <i>1 pm at 37°F</i>	<i>-</i>	<i>-</i>	<i>No</i>	<i>S.L.</i>



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Date	Food Item	Corrective Action	Recorded By:

