If you place hot food in your refrigerator before cooling the food items you will be in danger of placing all your food items in the Temperature Danger Zone (135°F to 41°F).

**Safely Cooling Cooked Food:**
- The first step in the cooling process: Reduce the quantity or size of the food you are cooling by dividing large food items into smaller portions.
- Cool cooked food from **135°F to 70°F within two hours**, and from **70°F to 41°F or lower in the next four hours**. The entire process is a total of six hours.

**How You Can Cool Food:**
- Place food in ice-water baths and stir regularly.
- Stir the food with an ice paddle
- Place food in a blast chiller or a tumble chiller

**How You Can Reheat Previously Cooked Food:**
- Reheat food to an internal temperature of **165°F for fifteen seconds within two hours**.
- If the food has not reached 165°F for fifteen seconds within two hours, it must be thrown out.