

# Safely Cooling Cooked & Reheating Food

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**.



[innovativefoodsafety.com](http://innovativefoodsafety.com)

***Safe Food, Great Service, No Empty Seats***