Proper Cooling Temperatures will prevent microbial growth by helping limit the time that food is exposed to the temperature danger zone.

After cooking or heating, Time/Temperature control for Safety (TCS) foods must be cooled quickly:

- From 135°F to 70°F within 2 hours, and
- From 70°F to 41°F within 4 hours.

### Sample Cooling Log

<table>
<thead>
<tr>
<th>Date</th>
<th>Food Item</th>
<th>Start Time</th>
<th>Temp. (°F)</th>
<th>End Time</th>
<th>Temp. (°F)</th>
<th>Start Time</th>
<th>Temp. (°F)</th>
<th>End Time</th>
<th>Temp. (°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>06/09/2019</td>
<td>chicken</td>
<td>10 a.m.</td>
<td>136°F</td>
<td>11:20</td>
<td>69°F</td>
<td>11:20 a.m.</td>
<td>69°F</td>
<td>2:40 p.m.</td>
<td>40.7°F</td>
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<tr>
<td>06/09/2019</td>
<td>fried rice</td>
<td>9 a.m.</td>
<td>135°F</td>
<td>10:15</td>
<td>71°F</td>
<td>10:20 a.m.</td>
<td>70°F</td>
<td>noon</td>
<td>39.2°F</td>
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<tr>
<td>06/09/2019</td>
<td>beans</td>
<td>10 a.m.</td>
<td>135°F</td>
<td>11:45</td>
<td>69°F</td>
<td>11:45 a.m.</td>
<td>69°F</td>
<td>3:30 p.m.</td>
<td>40.7°F</td>
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Comments: Food items were rapidly cooled using an ice bath. Once target temperature (41°F) was reached, food was placed inside the refrigeration unit.

### Approved Cooling Methods

- **Using rapid cooling equipment**
- Stirring food consistently in an ice bath
- Adding ice
- Cutting into smaller portions
- Using a shallow metal container(s)

See Regulation 61-25 for complete requirements.
### RAPID COOLING TEMPERATURE LOG TEMPLATE

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**Comments:**