



Cooling Chart

Name: _____ Address: _____

| | | | | | | | |
|---|-------------|----|----|----|----|----|----|
| Food Product | | | | | | | |
| Refrigeration or Room Temp | | | | | | | |
| Food / Container L x W x H / Material | | | | | | | |
| Date | | | | | | | |
| Time at 135°F | | : | : | : | : | : | : |
| After 1 Hour | Temperature | °F | °F | °F | °F | °F | °F |
| | Time | : | : | : | : | : | : |
| After 2 Hours <small>(must be 70°F or below)</small> | Temperature | °F | °F | °F | °F | °F | °F |
| | Time | : | : | : | : | : | : |
| After 3 Hours | Temperature | °F | °F | °F | °F | °F | °F |
| | Time | : | : | : | : | : | : |
| After 4 Hours | Temperature | °F | °F | °F | °F | °F | °F |
| | Time | : | : | : | : | : | : |
| After 5 Hours | Temperature | °F | °F | °F | °F | °F | °F |
| | Time | : | : | : | : | : | : |
| After 6 Hours <small>(must be 41°F or below)</small> | Temperature | °F | °F | °F | °F | °F | °F |
| | Time | : | : | : | : | : | : |
| Corrective Action Taken | | | | | | | |
| Manager/Employee Signature | | | | | | | |

For Successful cooling of food use the following formula to help you determine if your rate of cooling is fast enough:

- 1) Cool from 135°F to 70° F within two hours, the rate of cooling must be approximately 0.54°F/minute (135-70=65°F ÷120 minutes (2 hours)=0.54°F) or ~32°F per hour
- 2) Cool from 70°F to 41°F within 4 hours, the rate of cooling must be approximately 0.12°F /minute (70-41=29°F ÷ 240min(4 hours)=0.12°F) or ~7°F/hour.

Example: Initial temperature of soup is 135°F. One hour later the temperature is 129°F. $135-129=6 \div 60\text{min}=0.1^\circ\text{F}/\text{min}$. The rate of cooling is not fast enough. The rate needs to be ~.54°/min.