CENTRAL DISTRICT HEALTH
Serving Valley, Elmore, Boise and Ada Counties
Main Office • 707 N. Armstrong Pl. • Boise ID 83704-0825 • (208) 375-7499 • Fax 327-8553

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 (must be 70°F or below)	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 (must be 41°F or below)	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°Fto 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 ÷60min=0.1°F/min. The rate of cooling is not fast enough. The rate needs to be ~.54°/min.