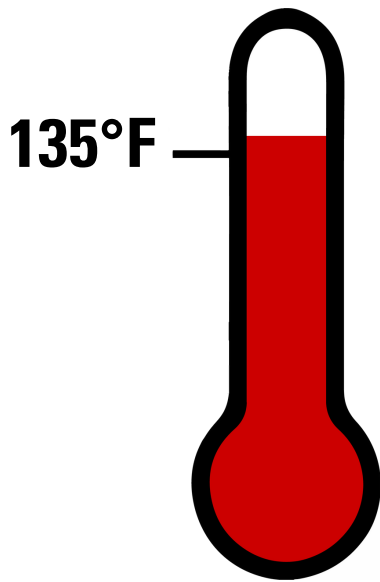
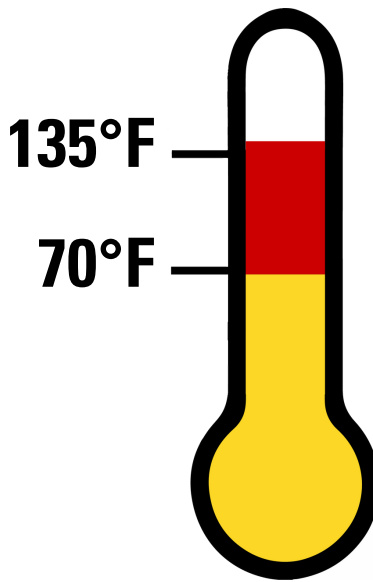


# Proper Cooling Procedures



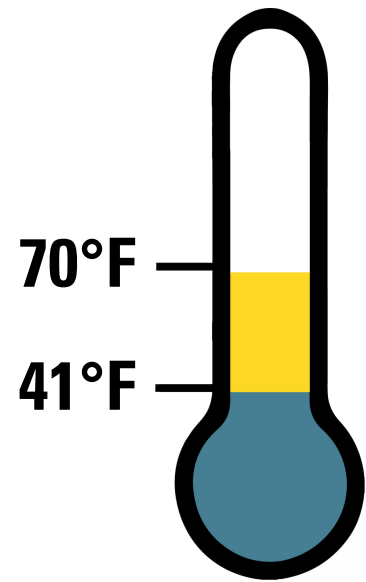
## START

Temperature of cooked food is above 135°F.



## STEP 1

Cool from 135°F to 70°F **within 2 hours.**



## STEP 2

Cool from 70°F to 41°F within **4 more hours.**

- If the food is cooled to from 135°F to 70°F in less than 2 hours, you still have **6 total hours** to reach 41°F
- If the food does not reach 70°F during step 1 of cooling:
  - If within the first 2 hours, reheat the food to 165°F and serve immediately or cool correctly
  - If past the first 2 hours, discard the food

**Check temperatures with a calibrated food thermometer**

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EXTENSION

For more Safe Plates resources,  
visit [go.ncsu.edu/sp\\_retail](http://go.ncsu.edu/sp_retail)

