

# Environmental Health Newsletter

July, August, September 2024



**BEAT THE HEAT:** It's summertime and the weather is not breezy. As temperatures begin to rise both outside and inside the kitchen, it can become more difficult to keep your food (and staff) cool. In this newsletter we will review **Cooling Requirements** and **Cooling Methods** that can help you beat the heat and keep food safe.

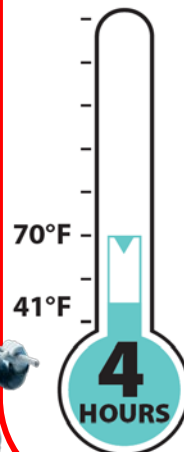
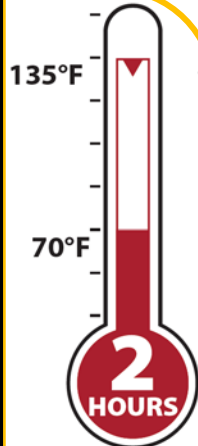
**THE GOAL:** Food must be cooled to 41°F in one or two stages, depending on its starting temperature

## CHILL MEALS

### VOLUME 1

Cool hot food from 135°F to 70°F within 2 Hours.

*Bacteria grow very fast between 70°F and 125°F, so you must quickly bring food out of this temperature range*



### VOLUME 2

Finish cooling food from 70°F to 41°F within 4 Hours.

*Note – This also applies to food made with room temperature ingredients: coleslaw, pico de gallo, tuna salad, freshly cut melons/lettuce/tomatoes*

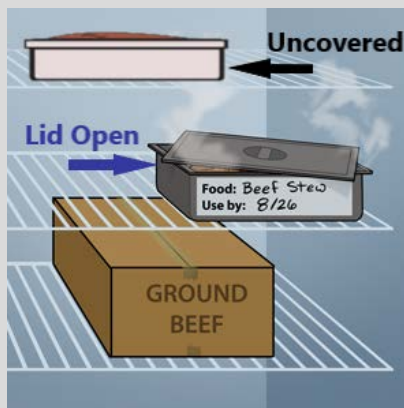
**COOLING METHODS:** Below are some tips to help you reach the goals for cooling



### SIZE Matters

Split large containers of food into smaller amounts.

- Shallow pans less than 3 inches in depth are great tools for cooling food quickly



### AIR It Out

- Loosely cover containers
- Cool foods on the top shelf
- Space out containers (Do Not Stack Containers)



### ICE Ice Baby

Ice can be used in many ways:

- Ice Baths
  - Ice Wands/Paddles
  - Adding ice on/in food
- Remember to stir food often

**UNCOOL METHODS:** Below are some cooling practices that should be avoided



Don't stack containers that are cooling!

