

# COOLING FOOD SAFETY



**When cooling cooked potentially hazardous food, it must be cooled to 21°C in two hours or less, then cooled further from 21°C to 5°C in four hours or less.**

## TIPS FOR COOLING FOOD QUICKLY

Divide food into smaller portions in shallow containers to cool, being careful not to contaminate the food as you do this.



Use rapid-cooling equipment (e.g. a blast chiller)



Allow air to flow freely around the cooling container (e.g. on a rack rather than the floor)



Stir liquid foods such as gravy often, using a clean and sanitised utensil



Check temperature with a digital probe thermometer



Use water or ice water baths



**21°C - 5°C**

Harmful microorganisms grow fastest between 21°C and 60°C



**60°C - 2 hours**

Cool food within 2 hours from 60°C to 21°C to minimise growth



**5°C - 4 hours**

The risk of growth slows as temperature decreases. Cool from 21°C to 5°C within 4 hours

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