

# Cool foods quickly and safely

Cooked foods need to be cooled quickly to prevent the growth of bacteria that can cause food-borne illness.

Cool hot foods through the temperature danger zone to **4°C**, 40°F, or colder as quickly as possible.

## Tips for cooling foods:

### Divide food into small portions for faster cooling

- Cut food into smaller or thinner portions
- Divide large pots of hot liquids such as soup and gravy into shallow pans
- Place pan in the refrigerator

### Use shallow metal pans 2 to 4 inches deep

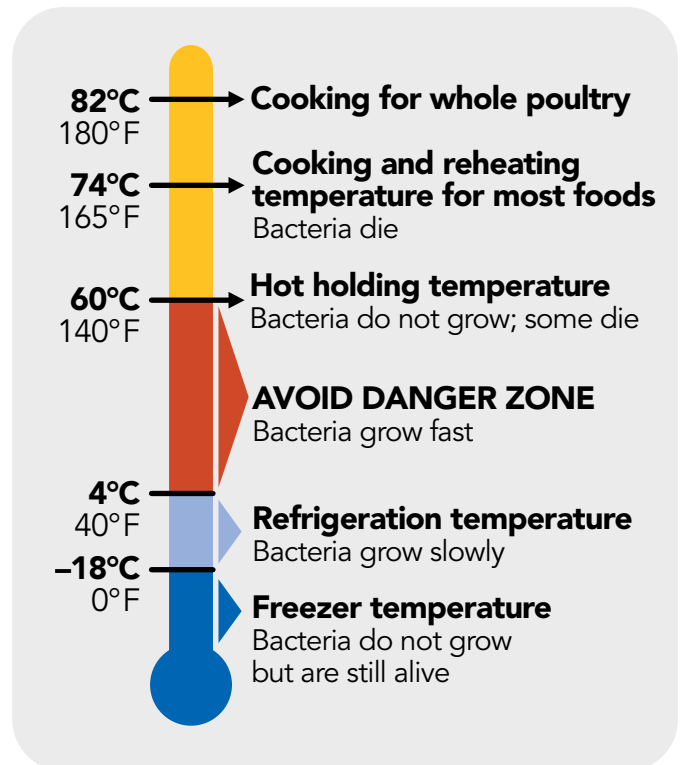
- Metal pans will cool foods faster than glass or plastic pans
- Do not stack hot pans – allow for air flow
- Place pan in the refrigerator

### Use ice water baths

- Fill a clean sink or large pan with ice and cold water
- Immerse the pan with the hot food in the ice/water mixture
- Stir the food every 10 minutes
- After the food has cooled, place it in the refrigerator

## Other helpful tips:

- Leave the food partially uncovered or loosely covered so heat can escape
- Use ice instead of water as an ingredient in recipes
- Never allow foods to cool at room temperature
- Periodically stir liquids to release heat



For more information visit [peelregion.ca](http://peelregion.ca)  
or call Peel Public Health **905-799-7700**  
Caledon residents call **905-584-2216**

