

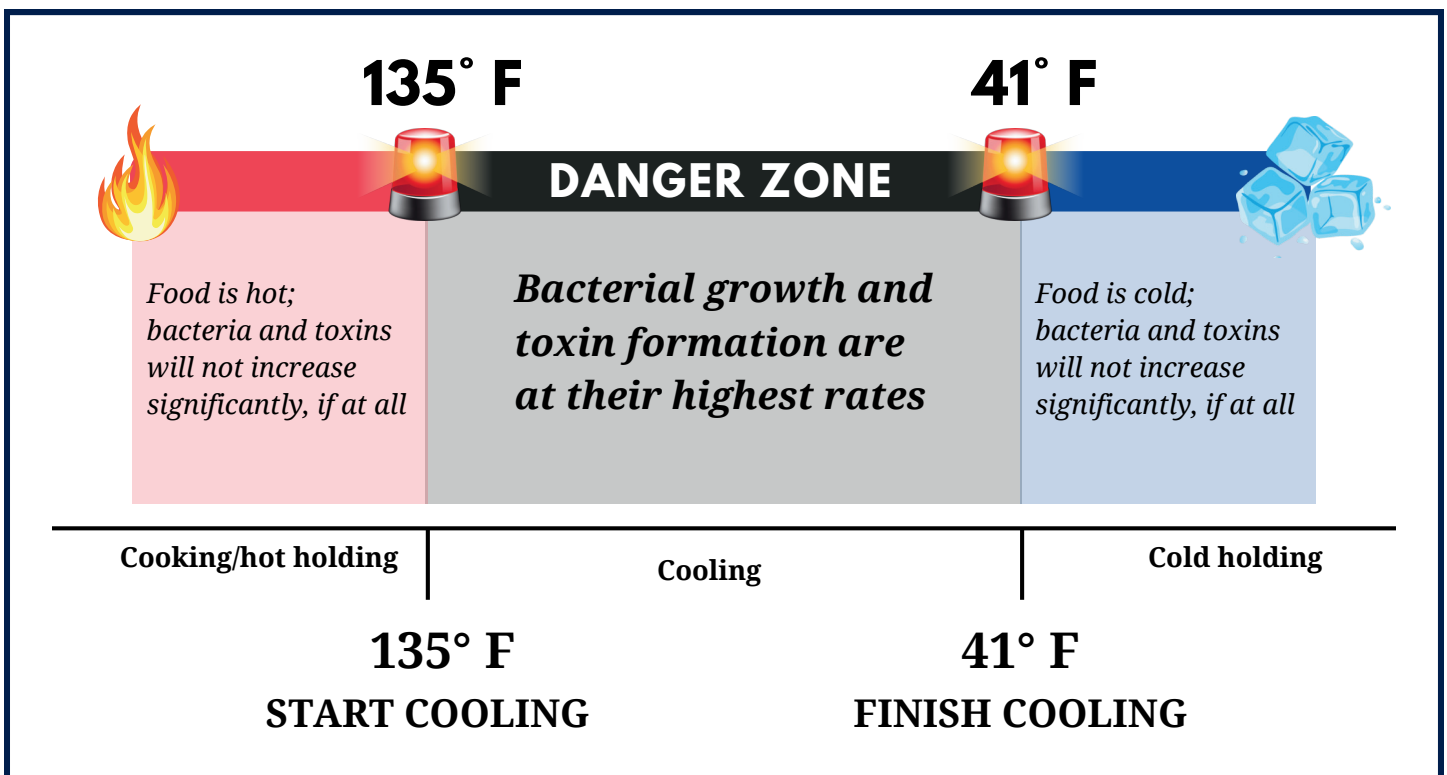
# COOL FOOD QUICKLY

## TO PREVENT FOODBORNE ILLNESS



### KNOW THE DANGER ZONE: 41° F TO 135° F

These temperatures allow higher rates of bacterial growth and toxin formation in potentially hazardous foods.



### DON'T LINGER IN THE DANGER ZONE

Food that is cooled too slowly spends an unsafe amount of time in the Danger Zone, giving microorganisms and toxins time to multiply.



Slow cooling



Too much time at Danger Zone temperatures



Bacteria and toxins increase to unsafe levels



Foodborne Illness





## FOLLOW SAFE COOLING TIME LIMITS

These time limits have been established based on how quickly microorganisms and toxins multiply.

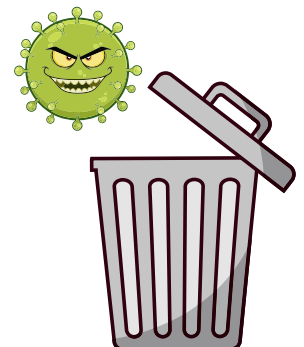
Type of Food	START Temperature	END Temperature	Safe Time Limits
Food that has been cooked and is hot	135°F	41°F	<b>During the first 2 hours</b> Cool from 135°F to 70°F  <b>Within the next 4 hours</b> Cool from 70°F to 41°F
Food prepared from ingredients at room temperature	Room temperature	41°F	<b>Within 4 hours</b> Cool from room temperature to 41°F



## DISCARD FOOD THAT COOLS TOO SLOW

Food that does not cool within the safe time limits must be discarded.

When cooling takes longer than the safe time limits, it allows bacteria and toxins to reach a point where even hot or cold temperatures will not make the food safe again.



**Alaska Food Safety and Sanitation Program**

State of Alaska, Department of Environmental Conservation

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[dec.alaska.gov/eh/fss](http://dec.alaska.gov/eh/fss)