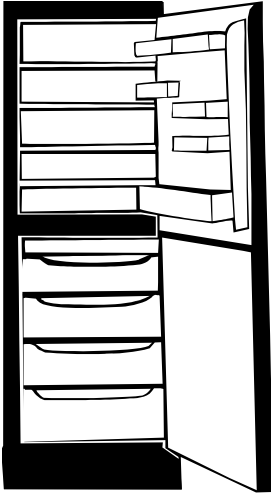


Remember!

Cool Food – to an internal temperature of 41°F or below in 4 hours or less



- ✓ Place food in refrigerator in shallow container (2” or less for thick foods, such as stews or chili, 3” or less for thin liquids such as broth or stock).
- ✓ Divide large pieces of meat into smaller pieces before cooling.
- ✓ Use an ice bath.
- ✓ Use rapid cooling equipment such as a blast chiller or freezer.
- ✓ Cool hot foods from 140°F to 70°F in 2 hours and from 70°F to 41°F in 4 additional hours.

Reheating Food –



- ✓ Reheat food to an internal temperature of 165°F quickly for at least 15 seconds.
- ✓ Reheat food in a microwave to 180°F (stirring, if possible, for even heating) and let stand for 2 minutes.
- ✓ Reheat food in small batches.
- ✓ Reheat food only once. Then throw it out if not eaten.



Public Health
Prevent. Promote. Protect.

Knox County Health Department

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