



HAWAII STATE  
DEPARTMENT  
OF HEALTH

# COOLING TEMPERATURE LOG

Foods must be cooled from 135°F → 70°F within 2 hours, then 70°F → 41°F within 4 hours.

Total cooling time must not exceed 6 hours.

Use a digital metal-stem thermometer to measure internal food temperature.

Recommended cooling methods:

- Divide food into smaller portions
- Use shallow containers
- Place container of hot food inside an ice bath, stir often

DATE	FOOD PRODUCT	INITIAL COOLING START: PRODUCT REACHES 135°F		AFTER FIRST 2 HOURS MUST REACH ≤ 70°F		AFTER 4 HOURS FROM 70°F MUST REACH ≤ 41°F		INITIALS	VERIFIED/ DATE	
		TIME	TEMP	TIME	TEMP	TIME	TEMP			