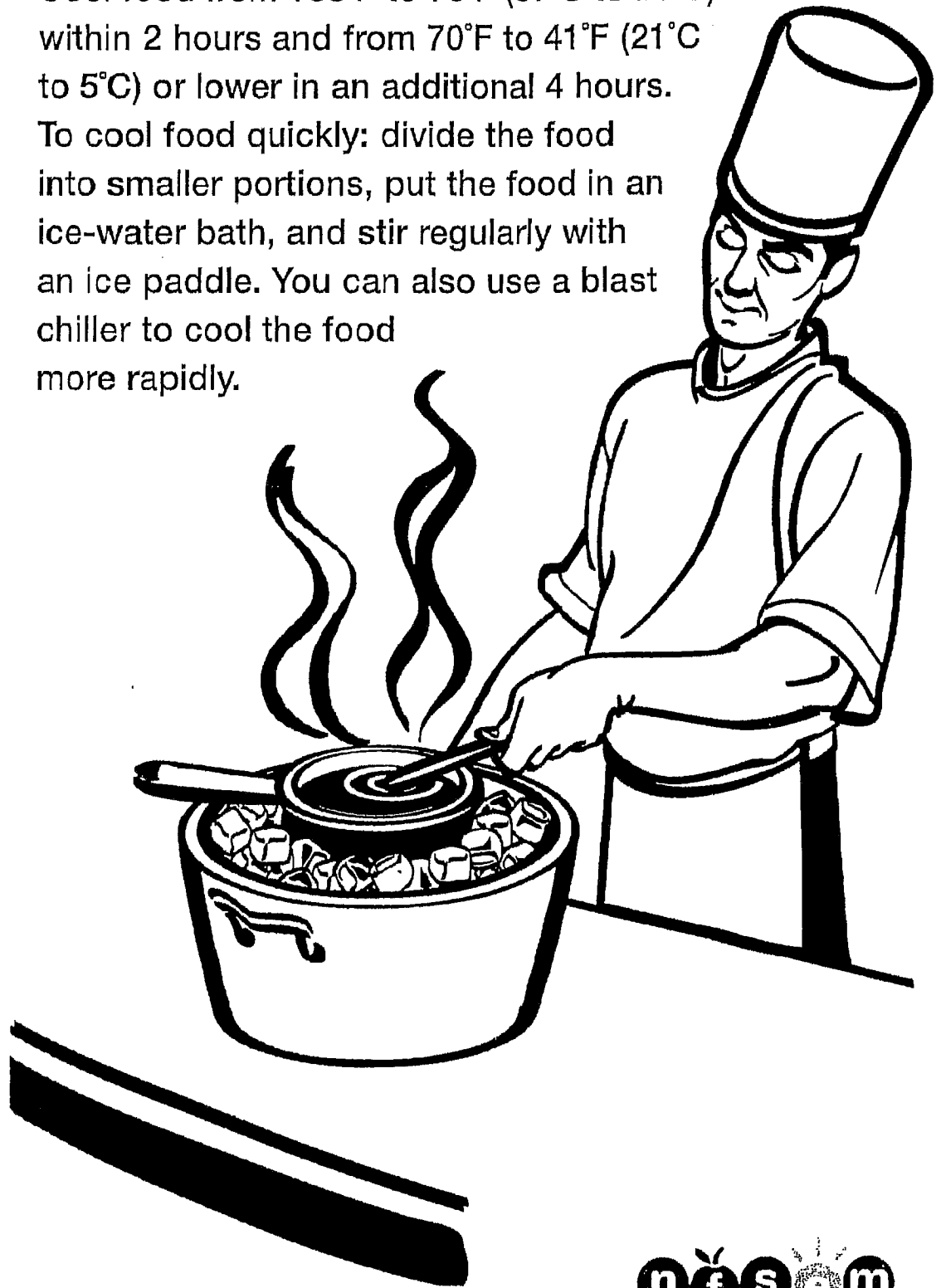


Be aware when you prepare

Cool food rapidly.

Cool food from 135°F to 70°F (57°C to 21°C) within 2 hours and from 70°F to 41°F (21°C to 5°C) or lower in an additional 4 hours. To cool food quickly: divide the food into smaller portions, put the food in an ice-water bath, and stir regularly with an ice paddle. You can also use a blast chiller to cool the food more rapidly.



National Food Safety Education Month[®]
National Restaurant Association Educational Foundation