

Why It's Important to Cool Food Properly



My name is Carlos. I am a cook at a restaurant. I cook beans everyday.



After cooking the beans, I place them in pans in the walk-in cooler.



Each day, I reheat the beans before placing them on the steam table.

One day, a little girl named Emily ordered beans and tacos.



Later that day, Emily got very sick with vomiting and diarrhea. She had to be admitted to the hospital.



The next day, my manager called and told me not to go to work. Our restaurant was closed by the health department because 34 more people got sick.



The health department said that the beans made our customers sick. The beans were not cooled quickly enough in the covered, stacked, deep pans.



I never meant to make anyone sick. Our restaurant now cools properly.

Proper cooling methods include:

- ✓ Placing food in shallow, metal pans, in ice baths, under refrigeration
- ✓ Separating food into smaller containers under refrigeration
- ✓ Using rapid cooling equipment
- ✓ Stirring the food in a container placed in an ice water bath
- ✓ Other effective methods

Protect People Everywhere. Cool Food Properly.

