



**Public Health**  
Prevent. Promote. Protect  
Zanesville-Muskingum County

# Proper Ways to Cool Foods

**Keep germs from growing in your food.  
Use proper cooling methods!**



Ice Bath



Ice Wand



Shallow Pan



Blast Chiller

**Cool all hot foods from 135°F to 70°F in 2 hours or less  
& from 70°F to 41°F in another 4 hours or less.**