Foodborne illnesses have been associated with improper cooling of hot foods. Cool perishable foods using one of the following techniques:

1) **Ice bath** – Place container holding liquid food into a sink/tub filled with ice water, and stir food occasionally. Cover and place in cooler when 4°C.

2) **Shallow Pans** – Place food into a shallow pan and store in cooler. Cover when 4°C.

3) **Cut into Smaller Portions** – Cut large pieces of food into smaller portions and place in shallow pan on the top shelf of cooler. Cover when 4°C.

References: Government of South Australia Department of Health