



# CHILLING



**Cooling food slowly carries the risk of food poisoning!  
Ensure food is chilled properly.**

## DO THIS

**If food is not served immediately, chill it after it has been prepared.**

Chill the food down to +6 °C or colder. This may take at most four hours.

**Do you have a chiller?**

Small amounts of food can be chilled in a cooler or water bath. A chiller is the best option for chilling larger amounts of food!

**Measure the temperature of the food, not the chiller.**

Remember to record the temperature of the food during chilling.

**Move the chilled food immediately into a refrigerator/freezer.**

Package the food and attach the necessary information to it (e.g. allergens, dates).

**Chill salads and cold foods before serving.**

You can only serve food once. When the temperature of food is at most +6 °C, the serving time is unlimited. The temperature of food may rise to at most +12 °C, in which case it can be served a maximum of four hours.

**Never chill any food at room temperature!**

## ALSO REMEMBER

- Microbes grow quickest at temperatures ranging from +6 °C to +60 °C. Avoid this temperature range at all stages of the process!
- Check the operation of the chiller regularly! Clean the chiller regularly.

**For more advice, contact your local food safety authority**  
You can find their details on the **Finnish Food Authority's website.**

