



Cleveland Department of Public Health

DATE MARKING: WHY DO WE DO IT?

Date marking is done to prevent the growth of bacteria; Listeria grows below 41°F.

HOW TO DO IT



- Food must be date marked when prepared on site, or opened from commercial packaging.

- Food must be date marked with either opening/ prep date or discard date, 7 days total refrigeration. Preparation date is day 1. **Example:** "Food prepped 3/14 -> discard on 3/20"



- If using day dot stickers--date must be written on them to prevent confusion.



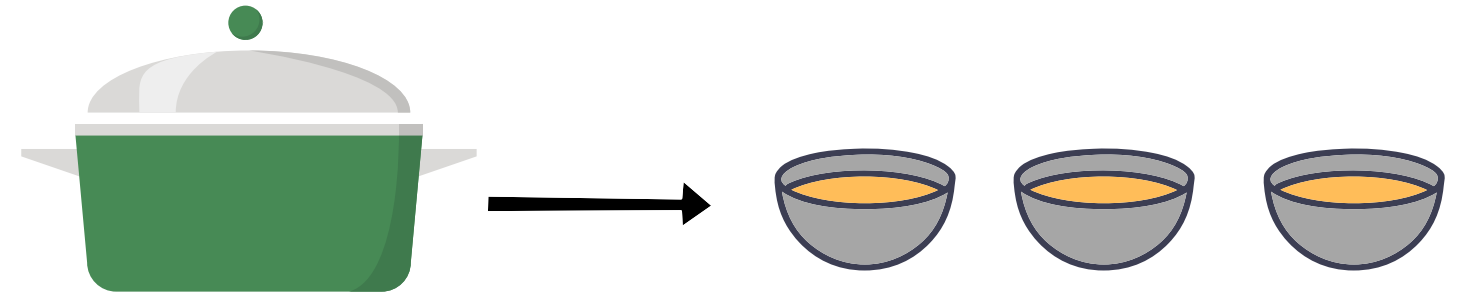
- Freezing stops the clock, but DOES NOT add days refrigerated

- **Total days considered safe to consume = 7 days**

Methods for Safe Cooling

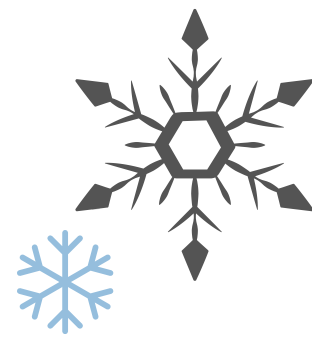
STATE FOOD SAFETY: FOOD SAFETY
TRAINING AND CERTIFICATION

● REDUCE FOOD SIZE



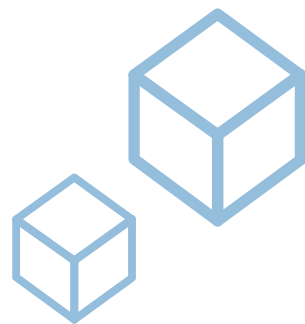
Separating food into smaller containers (**4 inches deep or less**), and **covering them loosely**, is a good way to allow the heat to escape and cool food portions evenly.

● BLAST CHILL



Blast chillers are one example of an appliance dedicated to cooling food fast. There are a variety of settings depending on the size of portions, in addition to being able to cool large amounts of food fast.

● ICE WATER BATH



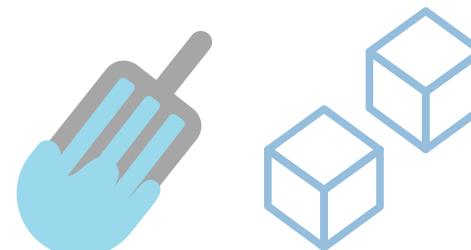
Surround food containers with **ice water** to allow fast cooling. For efficient cooling. The ice water should be as high as, or slightly below, the level of food in the container. **Do not submerge** food containers under water or take steps to make sure water cannot enter the containers while cooling.

● STIR



Periodically **stirring loose or liquid foods** (i.e. soup) can help even out cooling.

● ICE PADDLES OR ICE CUBES



Using ice paddles or even adding ice cubes as an ingredient can help cool foods evenly and quickly.



For more information, visit

http://clevelandhealth.org/network/environment/food_safety.php