



# Polar Paddles

## CARE AND USAGE INSTRUCTIONS

### Why Use a Polar Paddle?

It is important to minimize the time food spends in the Temperature Danger Zone (41°F-135°F / 5°C-57°C). Vigor Polar Paddles are an excellent tool to bring food temperature through the Temperature Danger Zone quickly. Vigor Polar Paddles should be used primarily with liquid-based foods, such as soups, sauces, and stews.

Bacteria grows most quickly between 70°F - 125°F. Placing hot food directly into a freezer or refrigerator is not recommended, as it raises the ambient temperature in the space and can allow other food to enter the Temperature Danger Zone unknowingly. A blast chiller is often times too small to cool bulk batches of food. Vigor Polar Paddles decrease food temperature quickly and safely.



### Product Longevity and Best Practices

The NSF-certified polycarbonate construction is food-safe and commercial-grade. This product can stand the cycles of freezing and thawing. However, due to the nature of constant, dramatic temperature changes, it is common for cooling paddles to crack over time. To extend the life of your cooling paddle, use these methods:

- Fill the paddles with ice and water and use them immediately. To do this, fill the paddles with ice all the way to the top and then fill with water at or below the max fill line.
  - Do **NOT** put the paddles in the freezer when using this fill method.
  - This quick, convenient method allows for fast filling and immediate use of the paddles, eliminating the need to wait for the paddles to freeze.
- Always use these products with a thermometer to monitor the temperature. Do not use in temperatures lower than -20°F/-29°C or in temperatures exceeding 195°F/90.5°C.

Users also have the option to fill the paddles with water only and freeze them. To use this method, fill the paddle with water at or below the max fill line and place in the freezer until frozen.

- Do **NOT** exceed the fill line when filling the product with water before freezing.
- Allow 24 hours for the paddles to become completely frozen.

Please note that the water and ice method mentioned above is preferred, as it reduces the chance of cracking. The freezing method can shorten the life of the paddle.

### Safety and Storage

Cooling paddles are used to reduce the risk of foodborne illness by moving food quickly through the Temperature Danger Zone. To further reduce the risk of foodborne illness and cross-contamination, place the cooling paddle in an area of the freezer where other foods will not touch or drip onto the paddle. Sanitize after each use.



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