

## Time/temperature Control for Safety (TCS) Foods

TCS food requires time and temperature controls to prevent the growth of microorganisms and the production of toxins. Bacteria need time to grow and grow rapidly when being held between 41°F and 135°F, also known as the temperature danger zone. The more time bacteria spend in this zone, the more opportunity they have to grow to unsafe levels. Be sure to keep an eye on your time and temperature control when preparing these food items.



▶ Milk and dairy products



▶ Shell eggs  
(except those treated to eliminate *Salmonella* spp.)



▶ Meat: beef, pork and lamb



▶ Poultry



▶ Fish



▶ Shellfish and crustaceans



▶ Baked potatoes



▶ Heat-treated plant food, such as cooked rice, beans and vegetables



▶ Tofu or other soy protein  
▶ Synthetic ingredients, such as textured soy protein in meat alternatives



▶ Sprouts and sprout seeds



▶ Sliced melons  
▶ Cut tomatoes  
▶ Cut leafy greens



▶ Untreated garlic-and-oil mixtures

Image credit: <http://www.restaurant.org/Manage-My-Restaurant/Food-Nutrition/Food-Safety/Recognizing-TCS-food>

Keep in mind that animal products that are either raw or heat-treated (cooked) are TCS foods.