TEMPERATURE REQUIREMENTS FOR TCS FOOD

KEEP TCS FOOD OUT OF THE DANGER ZONE

Time and Temperature Control for Safety (TCS) Food means any food that consists in whole or in part of milk or milk products, eggs, meat, poultry, fish, shellfish, edible crustacea, or other ingredients, including synthetic ingredients, in a form capable of supporting rapid and progressive growth of infectious or toxigenic microorganisms. The term does not include foods that have a pH level of 4.6 or below or a water activity (a_w) value of 0.85 or less.

Disease-causing bacteria grow best at temperatures between 41°F and 135°F.

Therefore, **Keep Hot Foods Hot – 135°F or Above**

Keep Cold Foods Cold – 41°F or Below

Thawing

1. Thaw in cooler at 41°F or below.
2. Thaw in cool (70°F or below) running water.
3. Thaw in the microwave and cook immediately after thawing.
4. Thaw as part of the cooking process.
   Never thaw foods at room temperature

Cooking

Foods requiring cooking shall be cooked to heat all parts of the food to a temperature of at least 135°F, except that:

1. Poultry, stuffed poultry, stuffed meats and stuffings containing meat shall be cooked to heat all parts of the food to at least 165°F with no interruption in the cooking process.
2. Ground beef, and any food containing ground beef and meats that are mechanically tenderized or injected, shall be cooked to heat all parts of the food to at least 155°F.

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Cooking (continued)

3. Pork, and any food containing pork, and fish, and any food containing fish, shall be cooked to heat all parts of the food to at least 145°F.
4. Shell eggs shall not be pooled if the pooled eggs are to be held before or after cooking. Shell eggs may be pooled for immediate cooking followed by immediate service. Individually prepared eggs and pooled eggs shall be cooked to heat all parts to 145°F or above for 15 seconds.
5. Rare beef steaks shall be cooked to 145°F on the top and bottom surfaces with a cooked color change achieved on all external surfaces.
6. Whole meat including beef, corned beef roasts, pork roasts, lamb and cured pork roasts such as ham, shall be cooked to an internal temperature of at least 130°F for 112 minutes (rare).

Cooling Hot Food

Use small containers (shallow pans are best) and put them into the cooler immediately. **Do not cool at room temperature.** Food <u>must</u> cool from 135°F to 70°F within two hours and 70°F to 41°F within four hours. To accelerate the cooling of foods, you can use an ice bath and stir food frequently. Monitor the internal temperature of food with a thermometer.

Reheating

Rapidly reheat foods from 41°F to at least 165°F within two hours. The food must be reheated on a stove, in an oven or reheated in a microwave to 165°F. After rapidly reheating, food must be held at 135°F or above until served. Monitor reheating and holding temperatures with a thermometer.

Salad preparation

Use ingredients that have already been cooled to 41°F or less (pre-chilled). This cuts down the amount of time these foods are in the **Danger Zone** from 41°F to 135°F.

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Public Health Division | Food & Lodging | 600 East Boulevard Ave, Dept. 325 | Bismarck, ND 58505-0250 | hhs.nd.gov | 701-328-1291

Food Temperature Monitor Record

Date	Time	Location	41°F Cold Product Food Item Temperature	135°F Hot Product Food Item Temperature	Person Testing

Owner/Manager: **Environmental Health Practitioner:**

Check Temperatures of Foods Regularly by Using a Metal Stemmed Thermometer