

Sij Hawm Ua Noj/Tswj Kom Zaub Mov Siav Txhawm Rau Kev Nyab Xeeb

Time/Temperature Control for Safety Food

PAUB TXOG ZAUB MOV QHOV TCS THIAB XYUAS KOM ZAUB MOV SIAV TXHAWM RAU KEV NYAB XEEB

RECOGNIZING TCS FOOD AND ENSURING SAFE FOOD

Hmong

Cov Txheej Txheem Tswj Cov Zaub Mov TCS

TCS yog cov kev saib xyuas txog cov zaub mov, xws li:

- pH, los sis seb dej puas qaub
- Kev siv dej
- Kho qhov pH kom dej zoo ua noj haus
- Kev siv cov cua kub los ncw ua zaub mov
- Kev ntim khoom

Piv Txwv Ntawm Zaub Mov Uas Yuav Tsum Tswj Qhov TCS

Xws li cov nqaij nyoos, nqaij siav los sis siav tsis tiav, los yog qe, mis nyuj, nqaij, los sis nqaij qaib.

Xws li cov zaub mov uas tsim los ntawm txoj kev ua qoob loo uas yus yuav tsum tau coj los ua noj kom siav, xws li txhuv ua mov, qos yaj ywm, thiab pasta.

Xws li cov zaub mov los ntawm txoj kev cog zaub txiv hma txiv ntoo, xws li tej yam khoom muaj noob, dib pag txiav, txiv lws suav txiav, thiab zaub ntsuab.

Cov zaub mov uas sib xyaw, xws li txiv lws suav txiav los sis qej-rau-roj, yog tias nws tsis muaj kev npaj raws li kev tswj zoo thiab tiv thaiv kab mob.

English

Characteristics of TCS food

The definition of TCS food is based on the following characteristics of the food:

- pH, or acidity
- Water activity (aw)
- Interaction of pH and aw
- Heat treatment
- Packaging

Examples of TCS food

Food from animal origin that is raw, cooked or partially cooked, such as eggs, milk, meat or poultry.

Food from plant origin that is cooked such as rice, potatoes and pasta.

Food from plant origin such as raw seed sprouts, cut melons, cut tomatoes and cut leafy greens.

Mixtures including cut tomatoes or garlic-in-oil, unless modified to prevent growth of disease-causing bacteria or formation of toxins.

Kev Ua Zaub Mov Tsis Siav Uas Phom Sij

Txoj kev ua zaub mov tsis siav uas phom sij

- Cov zaub mov tsis zoo noj uas phom sij nyob rau 41°F txog 135°F.
- Cov zaub mov qhov TCS yuav tsum dhau txoj kev ntsuas raws li qhia tag los.
- Cia kom cov zaub mov uas sov, sov so tas li, thiab kom cov zaub mov uas txias, txias tag li. Yuav tsum siv tus pas ntsuas los kuaj cov zaub mov.

Kev Ntsuas Zaub Mov

Kev ntsuas zaub mov no, yuav pab txo kev loj hlob ntawm cov kab mob thiab tej yam toxins uas muaj cuam tshuam rau cov zaub mov TCS. Nws yuav uas kom cov zaub mov txhob puas tsuaj.

Thaum Txais Zaub Mov

- Yog tias cov zaub mov tsis uas raws li cov nqe TCS, los sis cov zaub mov tsis nyob hauv tub yees, tsis txhob txais cov zaub mov ntawd, thiab yuav tsum muab pov tseg.

Khaws Cia Rau Lub Txee Txias

- Cov zaub mov txias yuav tsum muab tso tub yees txias rau ntawm 41°F los sis txias dua qhov no.
- Zaub mov khov yuav tsum muab tso cia kom nws khov li qub.

Muab Zaub Mov Thau

- Muab zaub mov khov los thau tseg rau lub tub yees, los yog muab rau dej kom yaj.
- Tsis txhob muab thau tso ntawm tej.

Temperature danger zone

The temperature range in which disease causing bacteria grow best in TCS food is called the temperature danger zone.

- The temperature danger zone is between 41°F and 135°F.
- TCS food must pass through the temperature danger zone as quickly as possible.
- Keep hot food hot and cold food cold. Always use a thermometer to check internal food temperatures.

Temperature controls

Using temperature controls minimizes the potential for harmful bacterial growth and toxin formation in TCS food. Temperature controls either keep food entirely out of the danger zone or pass food through the danger zone as quickly as possible.

Receiving

- If food temperatures do not meet requirements or if TCS food shows evidence of previous temperature abuse, do not accept the food, or discard the products.

Cold holding

- Maintain cold food at 41°F or below.
- Frozen food must remain frozen.

Thawing

- Thaw in the refrigerator, under running water or as part of the cooking process.
- Never thaw at room temperature.

Ua Noj

- Ua noj kom txhua yam zaub mov siav raws li qhia, kom nws ua raws nraim li TCS lub sij hawm thiab kev ntsuas.

Khaws Cov Zaub Mov Uas Sov Cia

- Cov zaub mov uas sov so qhov TCS nyob ntawm 135°F los sis kub dua.
- Cov nqaij uas siav zoo, xws li nqaij ci yuav tsum nyob ntawm 130°F los sis kub dua.

Tso Zaub Mov Kom Laj thiab Txias

- Txoj kev tso cov zaub mov kom laj thiab txias qhov TCS yuav tsum nyob ntawm 135°F rau 70°F rau 2 teev, thiab txias mus rau 41°F rau 6 teev.
- Cov zaub mov ua nrog cov khoom tseg cia raws li chav nyob qhov TCS yuav tsum txias rau 41°F los sis txias dua rau 4 teev.

Rhaub Dua

- Rhaub zaub mov rau 2 teev ntawd.
- Zaub mov TCS uas ua hauv lub tuam tsev thiab raug rhaub dua, yuav tsum rhaub kub txog 165°F rau 15 vib nas this.

Cooking

- Cook all TCS food to required temperatures and times.

Hot holding

- Maintain hot TCS food at 135°F or above.
- Properly cooked roasts may be held at 130°F or above.

Cooling

- TCS food must be cooled from 135°F to 70°F within 2 hours and completely cooled to 41°F or below within 6 hours.
- TCS food prepared from ingredients at room temperature must be cooled to 41°F or below within 4 hours.

Reheating

- Reheat food rapidly, within 2 hours.
- TCS food made in-house and reheated for hot holding must reach an internal temperature of at least 165°F for 15 seconds.

Cov Lus Qhia Ntxiv (Resources)

[Minnesota Department of Health Food Business Safety](http://www.health.state.mn.us/foodbizsafety)
www.health.state.mn.us/foodbizsafety

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*To obtain this information in a different format, call:
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*Xav tau cov ntaub ntawv no ua tus qauv txawv qhov
no, hu rau: 651-201-4500 or 651-201-6000.*