

Kev cai rau zaub mov raws qhov kub thiab cov sij hawm

Temperature and Time Requirements for Food

TSWJ TEJ CAB KAB MOB LOS NTAWM ZAUB MOV CONTROLLING GROWTH OF FOODBORNE PATHOGENS

Hmong

Theem kub txias uas tsis zoo

Theem kub txias uas cov npes taws lias uas tsim kab mob kev nkeeg loj hlob hauv cov zaub mov TCS yog hu uas theem kub txias uas tsis zoo (temperature danger zone).

- Theem kub txias uas tsis zoo yog nyob hauv nruab nrab 41° F thiab 135° F.
- Cov zaub mov TCS yuav tsum dhau theem kub txias uas tsis zoo ntawd kom sai li sai tau.
- Cia cov zaub mov kub nyob rau qhov kub thiab zaub mov txias nyob rau qhov txias. Yuav tsum siv lub ntsuas qhov kub txias txhua lub sij hawm los ntsuas seb cov zaub mov kub txias li cas.

Cia zaub mov kom txias

- Cov zaub mov uas siav lawm cia kom txias:
 - 135° F mus rau 70° F li ntawm 2 xaub moos
- THIAB**
- 135° F mus rau 41° F los sis qis dua li ntawm sij hawm 6 xaub moos
 - Cov zaub mov yim txias sai ces yim zoo dua.

English

Temperature danger zone

The temperature range at which disease-causing bacteria grow best in time/temperature control for safety food (TCS) is called the temperature danger zone.

- 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 food temperatures.

Cooling food

- Cool hot food from:
 - 135° F to 70° F within two hours
- AND**
- 135° F to 41° F or below within a total of six hours.
 - The faster food is cooled, the better.

Tuav kom zaub mov txias

- Tswj kom cov zaub mov txias txog 41° F los sis qis dua.
- Cov zaub mov uas khov ces cia nws khov twj ywm.

Siv nqaij nyoos los ua zaub mov noj

Daim duab hauv qab no qhia tej yam tsawg kawg los yuav tsum ua rau thaum siv nqaij nyoos.

Zaub mov	Qhov kub txias sab hauv thiab sij hawm
Qaib Tsiaj qus Muab txuj lom tso rau ntses, nqaij, pasta los sis nqaij qaib Cov txuj lom muaj ntses, nqaij los sis nqaij qaib	165°F kom ntev txog 15 chib
Nqaij tsuav tej thooj los sis zom mos mos, cov nqaij ntses thiab tsiaj qus Cov noog ratitae Txhaj rau los sis ua kom nqaij mos Muab cov qe uas siav tso nyob rau qhov kub uas tsim nyog	158°F (tam sid) LOS SIS 155°F kom ntev txog 15 chib LOS SIS 150°F kom ntev txog 1 feeb LOS SIS 145°F kom ntev txog 3 feeb
Ntses Tagnhro thooj leeg nqaij Tej tsiaj qus Qe noj tam sid	145°F kom ntev txog 15 chib

Tuav zaub mov kom kub

- Tswj kom cov zaub mov kub txog 135°F los sis tshaj ntawd.

Cold holding food

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

Cooking raw animal food

The table below shows minimum requirements for some common raw animal food.

Food	Internal temperature and time
Poultry Wild animals Stuffed fish, meat, pasta or poultry Stuffing containing fish, meat or poultry	165°F for 15 seconds
Chopped or ground meat, fish, and game animals Ratitae Injected or tenderized meats Eggs for hot holding	158°F (immediate) OR 155°F for 15 seconds OR 150°F for 1 minute OR 145°F for 3 minutes
Fish Whole muscle meat Game animals Eggs for immediate service	145°F for 15 seconds

Hot holding food

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

- Cov nqaij ci uas muab ua raws li tsim nyog ua yuav tau muab tso rau theem 130°F los sis siab tshaj ntawd los tau.

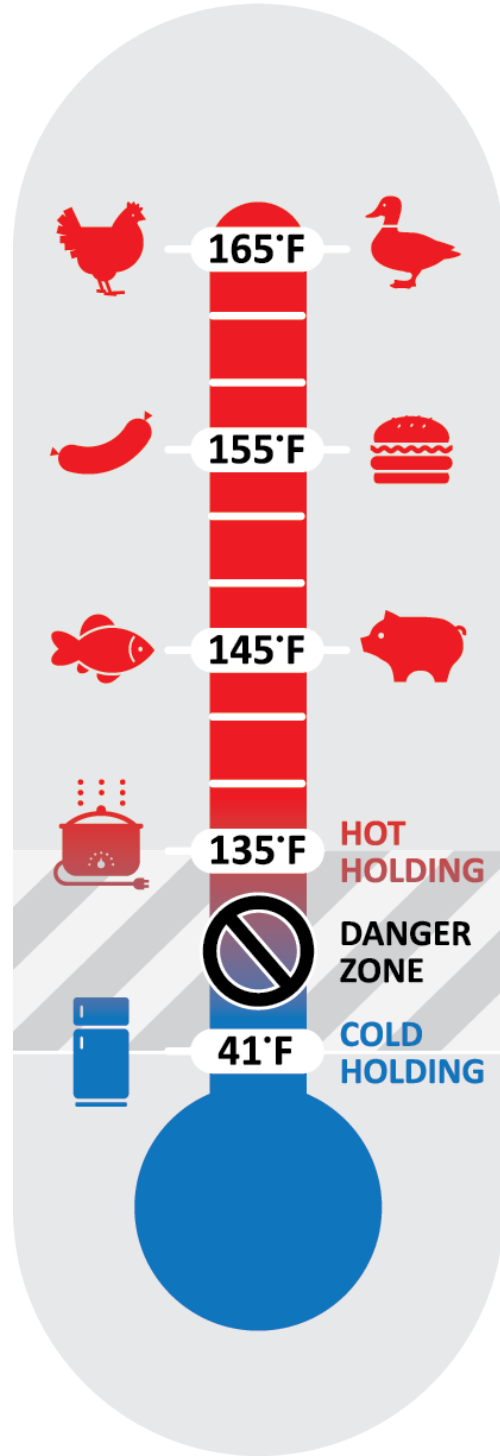
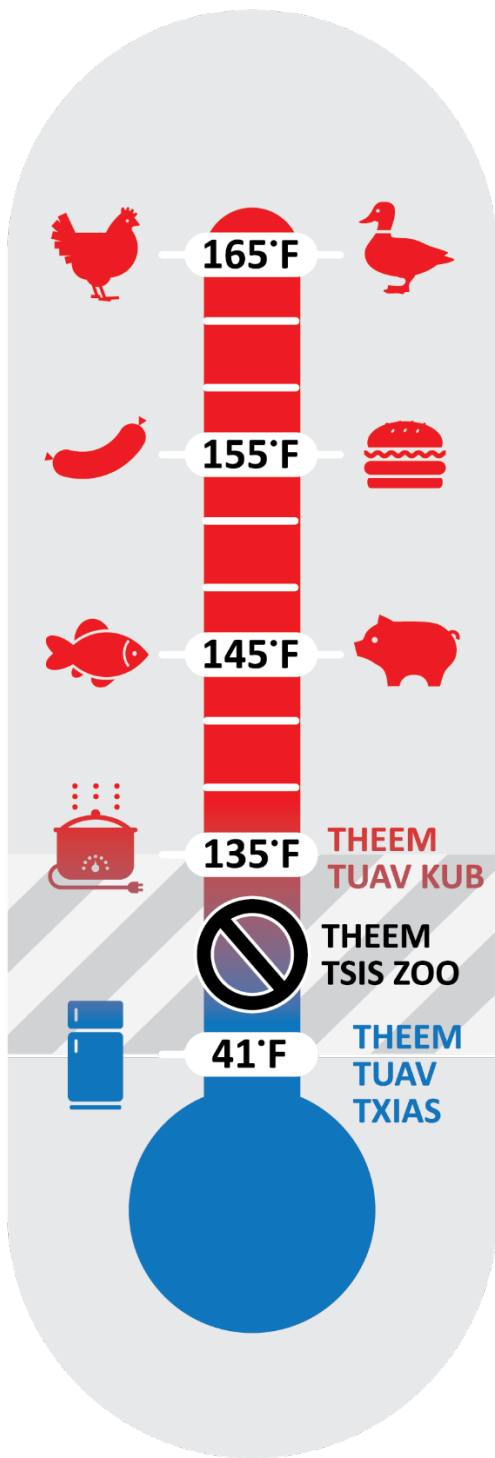
Rov rhaub zaub mov dua

- Cov zaub mov ua hauv lub khw ua noj thiab rov muab rhaub kom kub yuav tsum kub sab hauv txog li 165° F kom ntev li 15 chib.
- Cov zaub mov ua hauv tej tuam txhab ua zaub mov noj, uas muab qhib hauv lab ua mov noj, thiab rov muab rhaub kom kub yuav tsum kub sab hauv txog li 135° F.
- Rov rhaub dua, li ntawm txhua 2 xaub moos.
- Cov zaub mov uas twb siav thiab txias kom tsim nyog yuav muab txhab noj kiag tam sid los tau txawm nws yuav kub txias txog twg.

Reheating food

- Food made in-house and reheated for hot holding must reach an internal temperature of at least 165°F for 15 seconds.
- Food made in a food processing plant, opened in the food establishment, and reheated for hot holding must reach a temperature of 135°F.
- Reheat food rapidly, within two hours.
- Food that has been cooked and cooled properly may be served at any temperature if it is going to be served immediately.

KEV CAI RAU ZAUB MOV RAWS QHOV KUB THIAB COV SIJ HAWM |
TEMPERATURE AND TIME REQUIREMENTS FOR FOOD



Ntaub Ntawv Pab Ntxiv (Resources)

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

Minnesota Department of Health
Food, Pools, and Lodging Services
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www.mda.state.mn.us

Lub 1 Hlis Xyoo 2019

*Xav tau cov ntaub ntawv no ua tus qauv txawv qhov
no, hu rau: 651-201-4500 los sis 651-201-6000.*

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651-201-4500 or 651-201-6000.*