



Time as a Public Health Control

What is Time as a Public Health Control (TPHC)?

- When a Time/Temperature Control for Safety (TCS) food is kept out of temperature for too long, it allows bacteria to grow. This can lead to foodborne illness.
- TCS food can be kept safe using **time only** when taken out of temperature control (hot hold or cold hold) if you follow certain rules.

- Example of TCS foods using TPHC*:

<ul style="list-style-type: none"> ✓ Ready-to-eat foods to be served right away (i.e. <i>sushi rice, pasta salad, pizza, egg rolls, rice noodles</i>) 	<ul style="list-style-type: none"> ✓ Cooked vegetables ✓ Raw seed sprouts ✓ Cut tomatoes ✓ Cut melons
<p>* Facilities serving highly susceptible populations (i.e. nursing home, child care, hospital) cannot use TPHC on raw eggs.</p>	

How to use TPHC?

The time and temperature must be tracked for a certain amount of time depending on the type of food and the room temperature.

4 Hours (Hot Foods or Cold Foods)	6 Hours (Cold Foods)
<ol style="list-style-type: none"> Hot food must be 135°F or above, and cold food must be 41°F or below when the food item is taken out of temperature control. Mark the food item with the time it was taken out of temperature control and with the time it needs to be thrown away (after 4 hours). After 4 hours, the food item must be served right away or thrown away. Do not reuse! 	<ol style="list-style-type: none"> If room temperature is 70°F or below, food may be kept out for up to 6 hours. Mark the food item with the time it was taken out of temperature control and with the time it needs to be thrown away (after 6 hours). The food must stay between 41°F and 70°F. Set a schedule for temperature checks. If the food item is over 70°F at any time during the 6 hours, it must be served right away or thrown away. Do not reuse!

Example:

Day: Monday
 Food Item: Sushi Rice
 Prep Time: 12:00 PM
 Discard Time: 4:00 PM

Tip: Do not forget to use your Time as a Public Health Control (TPHC) Log!



