

TCS Food Cheat Sheet

Time/Temperature Control for Safety Foods (TCS Foods)

Keep Cold Food Cold. *Keep Hot Food Hot.*



What Are TCS Foods?

Require time and temperature control to prevent the growth of harmful bacteria and toxins that cause foodborne illness.



Common TCS Foods

These foods must be kept out of the Danger Zone (41° F–135° F/ 5°C–57°C)

Animal Products	Examples
Cooked Vegetables	Eggs, poultry, beef, pork, fish, Shellfish
Dairy	Milk, cheese, yogurt, cream-based sauces and desserts
Cut Produce	Cut melons, tomatoes, leafy greens, papaya, mangos
Garlic-in-Oil Mixes	Homemade garlic or herbs in oil
Prepared Foods	Stews, soups, kelaguen, casseroles, baked goods with custard



Time as a Public Health Control (TPHC)

- Label food with start time and discard time (must – be used/discarded within 4 hours)
- Keep food uncovered no longer than necessary

⚠ The Danger Zone: 41°F to 135°F (5°C to 57°C)

Bacteria grow fastest in this range.

- Cold food must be held at 41°F (5°C) or below
- Hot food must be held at 135°F (57°C) or above
- Reheat to at least 165°F (74°C) before hot holding
- Cool from 135°F → 70°F within 2 hours, then to 41°F within total 6 hours



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