

Ilaalinta Waqtiga/Heerkulka si loo fayo-dhowro Cuntada (TCS)

Time/Temperature Control for Safety Food

AQOONSIGA CUNTADA TCS IYO XAQIJIINTA BADQABKA CUNTADA

RECOGNIZING TCS FOOD AND ENSURING SAFE FOOD

Somali

Sifooyinka cuntada TCS

Qeexitaanka cuntada TCS waxaa lagu saleeyaa sifooyinka soo socda ee cuntada:

- pH, ama heerka aasidka
- shaqada biyaha (aw)
- iskudhafka pH iyo aw
- Daawaynta dabka
- Baakadayn

Tusaalayaasha cuntada TCS

Cuntada ka timaada xoolaha ee ceeriinka ah, la kariyay ama qayb ahaan la karshay, sida ukunta, caanaha, hilibka ama digaaga.

Cuntada asalkeedu ka yimid geedaha ee la karshay sida bariiska, baradhada iyo baastada.

Cuntada beeraha sida miraha misirta ceeriinka ah, qaraha la jaray, yaanyada la jaray iyo caleenta cagaaran.

Iskudarka ay ku jiraan yaanyada la jaray iyo toon saliida ku jirta, ilaa in wax laga badalay maahee si looga hortago bakteeriyada cudurka keenaysa ama samaysmida sun.

Aaga khatarta ee heerkulka

Cabirka heerkulka ee bakteeriyada cudurka keenta ka dhalato inta badan cuntada TCS

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.

Temperature danger zone

ayaa loogu yeeraa aaga khatarta ee heerkulka.

- Aaga khatarta ee heerkulka ayaa u dhexeeya 41°F iyo 135°F.
- Cuntada TCS waa inay ka gudubtaa aaga khatarta ee heerkulka sida ugu dhakhsaha badan ee suurtagalka ah.
- Cuntada kulul kulayl ha ahaato midda qaboowna qaboow ha ahaato. Mar kasta isticmaal aalada heerkulka cabirta si aad u hubiso heerkulka gudaha ee cuntada.

Xakamaynta heerkulka

Adeegsiga xakamaynta heerkulku waxay yaraysaa suuragalnimada in bakteeriyada khatarta ah ku abuuranto iyo gelitanaka sun ay gasho cuntada TCS. Xakamaynta heerkulka ayaa cuntada gabi ahaanba ka ilaaliya aaga khatarka ama ka gudbiya cuntada aaga khatarta sida ugu dhakhsaha badan ee suuragalka ah.

Helitaanka

- Haddii aan heerkulka cuntadu buuxin shuruudaha ama haddii cuntada TCS ay muujiso ku xadgudub hore oo heerkulka ah, ha aqbalin cuntada, ama iska tuur cuntada.

Ku haynta qaboow

- Cuntada qaboow ha ahaato 41°F ama hoos.
- Cuntada la qaboojiyay waa inay qaboow ahaato.

Dhalaalin

- Ku dhalaali talaagada, biyo socda hoostooda ama qayb kamid ah hanaanka karinta.

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.

- Haku dhalaalin heerkulka caadiga ah.

Karin

- Ku kari dhammaan cuntada TCS heerkulka iyo waqtiga loo baahan yahay.

Kulayl ku haynta

- Cuntada kulul ha ahaato 135°F ama heer ka sareeya.
- Roosto sifiican loo karshay ayaa lagu hayn karaa heerkul dhan 130°F ama ka badan.

Qaboojin

- Cuntada TCS waa in qaboojinta lagasoo bilaabaa 135°F ilaa 70°F muddo 2 saac gudaheed ah iyo waa in si buuxda loo qaboojiyaa ilaa heerkulka 41°F ama ka hoos muddo 6 saacadood ah gudahood.
- Cuntada TCS ee laga sameeyay maadooyinka heerkulka caadiga ah waa in la qaboojiyaa ilaa heerka 41°F ama ka hoos 4 saacadood gudahood.

Dib u kululayn

- Degdeg dib ugu kululee cuntada, 2 saacadood gudahood.
- Cunto TCS ee guriga lagu sameeyay kadibna dib loo kululeeyay si ay kulayl u ahaado waa inay gaartaa heerkulka gudaha ugu yaraan 165°F muddo 15 daqiiqo ah.

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.

Macluumaadka (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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