

## Temperature Controlled For Safety (TCS) Or Potentially Hazardous Foods

Some perishable food items require specific time and temperature controls to ensure they are safe to eat. These are called **Temperature Controlled for Safety (TCS) foods** and they must be cooked and stored at the right temperatures to prevent the growth of bacteria and other contaminants that can cause illness.

- Non-potentially hazardous or “shelf stable” foods will not support the growth of disease-causing bacteria and can be stored without heating or refrigeration. These include dry goods and cereals, dehydrated and un-reconstituted foods, candy bars, popcorn, potato chips, canned and bottled foods and drinks.
- Examples of food that can potentially be hazardous if not stored or prepared at the right temperature include:

- Meat cuts, ground meats & sausage
- Ham, bacon, processed meats, hot dogs, lunch meat, nuggets
- Meat gravy, soups, stews & casseroles

### Meats / Poultry



- Cooked fish
- Seafood dishes (soups, curries, paella)
- Shellfish and shrimp
- Sushi / salads
- Canned seafood

### Seafood



- Cream, custard or meringue pies and cakes
- Custard, pudding and cream desserts / flan
- Breads with vegetables or cheeses

### Bakery Foods



- Milk, butter, cheese & dairy-based sauces
- Cream & whipped cream
- Ice cream and sorbets
- Shakes and smoothies
- Yogurt

### Dairy Foods



- Noodles cooked
- Rice cooked
- All tofu and soy proteins

### Pasta / Rice / Tofu



- Cooked egg dishes
- Scrambled & fried eggs
- Boiled & deviled eggs
- Quiche / frittata
- Omelets

### Eggs



- Cooked vegetables, potatoes and beans
- Cut/prepared fresh fruits and vegetables
- Sprouts / sprouted seeds
- Leafy greens

### Fruits and Vegetables



- Prepared salad dressings
- Freezer jam and jelly
- Fresh salsa and sauces
- Dips
- Smoothies

### Misc.

