



Time/Temperature Control for Safety (TCS) Food

TCS foods require time and temperature control in order to prevent pathogen (disease-causing microorganisms, like bacteria) growth.

Keep TCS foods cold at 41°F or below OR hot at 135°F or above.

✓ TCS

✗ Non-TCS

ANIMAL PROTEINS

- ✓ Poultry, beef, lamb, pork, seafood, fish, game (elk, deer, bison)



- ✗ Crispy bacon

- ✓ Milk, yogurt, cheese, whipped butter, whipped cream, sour cream, eggs, cracked or opened pasteurized eggs, including plant-based alternatives

EGGS & DAIRY



- ✗ Whole shell pasteurized eggs and hard-boiled eggs air-cooled with the shell intact

FRUITS, VEGETABLES & GRAINS

- ✓ Cut leafy greens (cabbage, lettuce, spinach, arugula, kale), cooked fruits & vegetables, open can of vegetables, “vegan” plant-based meats (tofu, soy), cut melons (watermelon, honeydew, cantaloupe), cut tomatoes, sprouts (alfalfa, bean sprouts), cooked starches (grains, rice, pasta, beans, boba), fresh garlic in oil



- ✗ Herbs (cilantro, parsley, mint), whole raw produce, avocado, cut lemon/lime, open can of fruit

This is not a complete list. Follow manufacturer’s instructions regarding storage and shelf life.