



Control Pathogen Growth Using FAT TOM

FAT TOM is an easy way to remember what helps foodborne pathogens (disease causing microorganisms, like bacteria) grow. With proper control, the chances of foodborne illnesses are reduced.



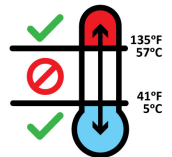
Food - Carbohydrates or proteins provide the energy source pathogens need to grow. Keep all areas clean and free of food debris.



Acidity - Pathogens cannot grow well in an acidic environment. Most pathogens will not grow in food if the pH is below 4.6.



Temperature - Pathogens grow well at temperatures between 41°F and 135°F. This temperature range is known as the “danger zone.” Keep foods below 41°F or above 135°F. Check cold holding and hot holding equipment regularly to ensure food is kept at proper temperatures.



Time - Pathogens need time to grow. Keep food out of the danger zone as much as possible. If you must hold food in the danger zone, develop a written plan to use time as a control. Use or discard food by the expiration date.



Oxygen - Some pathogens need oxygen to grow, some only grow in the absence of oxygen. Check that food packaging is not damaged.



Moisture - Pathogens need moisture to grow. Check food for quality, such as mold growth or spoilage.

