

## Temperaturas recomendadas para los alimentos

Utilizar un termómetro para alimentos, es la **ÚNICA** manera fiable de garantizar la seguridad de los alimentos.

**165° F ...** Carne de ave, carne de ave molida  
Relleno de carne de ave, carne y pesca  
Cocimiento en horno de microondas y recalentamiento  
Recalentamiento de sobras

**155° F ...** Carne molida y pescado  
Carne inyectada (p. ej. ablandada)

**145° F ...** Carne, pescado y huevos crudos con cascarón

**135° F ...** Mantener calientes los alimentos

**41° F ...** Mantener fríos los alimentos

Carne = res, puerco y cordero

Carne de ave = pollo, pavo, pato y ganso

Esas son las temperaturas **minimas** para los alimentos que el Reglamento de Establecimientos Alimenticios de Texas exige.

[www.dshs.state.tx.us/foodestablishments](http://www.dshs.state.tx.us/foodestablishments)



Termómetro Digital



Termómetro de cuadrante



## RECOMMENDED Safe Food Temperatures

Using a food thermometer is the **ONLY** reliable way to ensure food safety.

**165° F ...** Poultry, ground poultry  
Stuffing with poultry, meat & fish  
Microwave cooking & reheating  
Reheating leftovers

**155° F ...** Ground meat & fish  
Injected meat (i.e. tenderized)

**145° F ...** Meat, fish & raw shell eggs

**135° F ...** Hot holding of foods

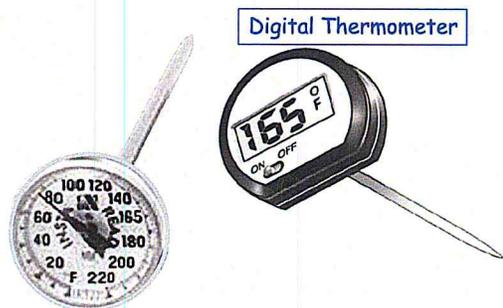
**41° F ...** Cold holding of foods

Meat = beef, pork & lamb

Poultry = chicken, turkey, duck & goose

These are the **minimum** safe food temperatures required by the Texas Food Establishment Rules.

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Digital Thermometer



Dial Thermometer



**Time as a Public Health Control  
(Tiempo Como Control de Salud Publico)**



Food (Comida)	Employees Initials (Iniciales de Empleado)	Temperature (Temperatura)	Time Taken Out of Temperature (Tiempo se ha tomado afuera de temperatura)	Time Product Discarded or Completely Served* (Tiempo se ha tirado o servido completamente)	Comments (Comentarios)
"Sample" Sausage Kolaches	ijw	145°F	6:30 am/pm	8:30 am/pm	Completely Served
			am/pm	am/pm	
			am/pm	am/pm	
			am/pm	am/pm	
			am/pm	am/pm	

**Time as a Public Health Control Method**

Written procedures are required for potentially hazardous foods using time only as a Public Health Control Method. These procedures must be maintained in a food establishment. This "Time as a Public Health Control Chart" may be used to verify your written procedures.

- The written procedures shall identify the:
  - food to be held
  - method of marking food for four hours from the point it was removed from temperature control
  - method to destroy foods held for four hours

**\* Can be kept no more than 4 hours**

Supervisors Signature \_\_\_\_\_ Date \_\_\_\_\_

**Time as a Public Health Control**  
**(Tiempo Como Control de Salud Publico)**  
**SAMPLE**  
**(MUESTRA)**



**Time as a Public Health Control**

Written procedures are required when potentially hazardous foods are being held using *time only* as a Public Health Control Method. The written procedures must identify the food, method of tracking the food once removed from temperature control, and the process to destroy foods held for more than four hours.

*This chart is a Sample of what may be used to verify a Food Establishment's Time as a Public Health Control written procedures.*

Food (Comida)	Employees Initials (Iniciales de Empleado)	Temperature (Temperatura)	Time Taken Out of Temperature (Tiempo se ha tomado afuera de temperatura)	Time Product Discarded or Completely Served* (Tiempo se ha tirado o servido completamente)	Comments (Comentarios)
Sausage Kolaches	ijw	145°F	6:30	8:30	Completely Served
Sausage Kolaches Tray 2	ijw	152°F	8:30	12:30	6 Kolaches discarded in kitchen garbage
Bacon & Egg Tacos	ijw	168°F	6:30	8:30	Completely Served

**SAMPLE WRITTEN PROCEDURES**

The ABC Food Establishment at 301 XYZ Road, Conclave, TX will follow the below procedures for Time as a Public Health Control for the following foods **ONLY**.

1. **Foods:**
  1. Sausage Kolaches
  2. All Egg Tacos
2. **Mark Trays:**
  1. Use yellow dots
  2. Write time on the a dot when the food was removed from temperature control (warmer, oven etc.).
  3. Place the dot on the left side of the display tray
  4. Write the "Discard by Time" on the another dot (this is a maximum of 4 hours)
  5. Place this dot on the right side of the display tray.
3. **Food Disposition:**
  1. Document on chart the disposition of the food. (See "SAMPLE" Chart above))
  2. Discard any remaining food in kitchen garbage.
4. **Documentation**
  1. The Time as a Public Health Control Chart must be completed for each food tray.
  2. The chart will be maintained for 30 days.

\* **Can be kept no more than 4 hours**

Supervisors Signature \_\_\_\_\_

Date \_\_\_\_\_