

## What is TCS Food?

TCS food is a food that requires **Time and Temperature Control for Safety** to prevent the growth of pathogens.

### TCS foods include:

- Milk and dairy products.
- Meat - beef, pork, and lamb.
- Fish.
- Shell eggs (except those treated to eliminate nontyphoidal Salmonella).
- Poultry.
- Shellfish and crustaceans.
- Baked potato.
- Heat treated plant food – cooked rice, beans, and vegetables.
- Tofu and other soy protein, textured soy protein in meat alternatives.
- Sprouts and sprout seeds.
- Sliced melons.
- Sliced tomatoes.
- Cut leafy greens.
- Untreated garlic-and-oil mixtures.

Pathogens grow well in TCS food. Like TCS food, ready-to-eat food also needs careful handling to prevent contamination. Ready-to-eat food is food that can be eaten without further preparation, washing, or cooking.