

Time as a Public Health Control **TPHC IS EASY!**

• 3 Simple Steps

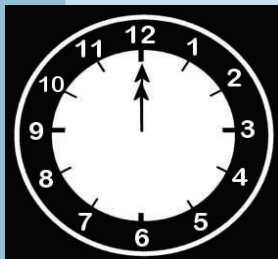
Use Time as a Public Health Control (TPHC) when you can't hold food HOT (135°F or above) or COLD (41°F or below), like pizza by the slice, rice noodles, or spring rolls.

1. Once the food is properly cooked or removed from the refrigerator, label the food with the "throw away" time. *What's the "throw away" time?* Look at the clock, add four (4) hours—that's the "throw away" time. (ex. If pizza is removed from the oven at 12:00pm and then stored at room temperature, the "throw away time" is 4:00pm.)
2. If there is still food left after four (4) hours, you have to throw it away. The food can't be kept for later.
3. Write a step-by-step procedure for each food item that uses TPHC. Use the procedure to train staff & keep it at the restaurant so the inspector can see it during your health inspection.

We're here to help! Call your Environmental Health Specialist if you have questions on how to create a TPHC plan that works for you. Get approval from your Specialist before putting your TPHC plan in place.

Specialist's Name: _____ Phone # (____) _____

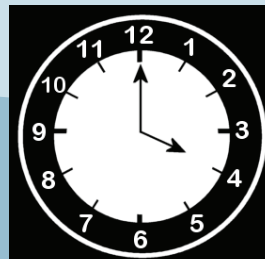
Note—TPHC is not approved for institutions that serve highly susceptible populations such as licensed health care centers or schools.



Cook Time
12:00pm



**Label Food with
throw away time**



Throw Away Time
4:00pm



**Throw food
in trash!**

Set a four (4) hour timer for each food and discard it when the timer dings!



County of San Diego • Department of Environmental Health • Food & Housing Division

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