

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

## • 3 Simple Steps

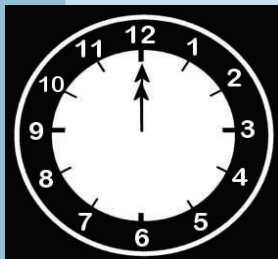
**Use Time as a Public Health Control (TPHC) when you can't hold food HOT (135°F or above) or COLD (41°F or below), like pizza by the slice, rice noodles, or spring rolls.**

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 # (\_\_\_\_) \_\_\_\_\_

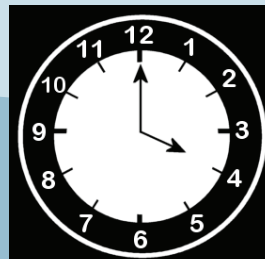
**Note**—TPHC is not approved for institutions that serve highly susceptible populations such as licensed health care centers or schools.



**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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