

# Ilaalinta Waqtiga/Heerkulka Qaboojinta si loo fayodhowro Cuntada (TCS)

## Cooling Time/Temperature Control for Safety Food (TCS)

### KAHORTAGA IN BAKTEERIYADU LABA JIBAARANTO AMA SAMAYSA SUN

### PREVENTING BACTERIA FROM MULTIPLYING OR FORMING TOXINS

#### Somali

##### Waqtiyada iyo heerkulada qaboojinta amaanka ah

- Cuntada TCS waa in qaboojinta laga soo bilaabaa 135°F ilaa 70°F muddo 2 saac gudaheed ah iyo waa in si buuxda loo qaboojiyaa ilaa heerkulka 41°F ama ka hoos muddo 6 saacadood ah gudahood.
- Cuntada TCS ee laga sameeyay maadooyinka heerkulka caadiga ah waa in la qaboojiyaa ilaa heerka 41°F ama ka hoos 4 saacadood gudahood.

##### Tusaalayaasha qaboojinta badqabka leh

Cuntada basbaaska leh ee sida fiican loo karshay waxaa la qaboojiyaa laga bilaabo heerka 135°F ilaa 70°F 1 saac gudihiis. Shan saacadood ayaa kahartay mudadii ay si buuxda u qaboobi lahayd cuntada basbaaska ilaa 41°F.

Saladka tuuna ee laga sameeyay maadooyinka heerkulka caadiga ah ayaa laga soo qaboojiyaa heerka 68°F ilaa 41°F 4 saacadood gudahood ama kayar.

##### Tusaalayaasha qaboojinta aan badqabka ahayn

Basbaaska si fiican loo karshay waxaa la qaboojiyaa laga bilaabo heerka 135°F ilaa

#### English

##### Safe cooling times and temperatures

- TCS food must be cooled from 135°F to 70°F within 2 hours and completely cooled to 41°F or below within 6 hours.
- TCS food prepared from ingredients at room temperature must be cooled to 41°F or below within 4 hours.

##### Examples of safe cooling

Properly cooked chili is cooled from 135°F to 70°F in 1 hour. Five hours remain to completely cool the chili to 41°F.

Tuna salad prepared from room temperature ingredients is cooled from 68°F to 41°F in 4 hours or less.

##### Examples of unsafe cooling

Properly cooked chili is cooled from 135°F to 41°F in 6 hours, but the initial cooling to 70°F took 3 hours. The chili must be discarded.

41°F 6 saacadood gudahood, laakiin qaboojintii koobaad ee lagu geeyay 70°F ayaa qaadatay 3 saac. Basbaaska waa in la iska daadiyaa.

Saladka tuuna ee laga sameeyay maadooyinka heerkulka caadiga ah ayaa lagasoo qaboojiyaa heerka 68°F ilaa 50°F 4 saacadood gudahood. Saladka tuuna waa in la iska tuuraa.

## Aaga khatarta ee heerkulka

Cabirka heerkulka ee bakteeriyada cudurka keenta ka dhalato inta badan cuntada TCS ayaa loogu yeeraa aaga khatarta ee heerkulka.

- Aaga khatarta ee heerkulka ayaa u dhexeeya 41°F iyo 135°F.
- Cuntada TCS waa inay ka gudubtaa aaga khatarta ee heerkulka sida ugu dhakhsaha badan ee macquulka.
- Cuntada kulul kulayl ha ahaato midda qaboowna qaboow ha ahaato. Mar kasta isticmaal aalada heerkulka cabirta si aad u hubiso heerkulka gudaha ee cuntada.

## Qaababka qaboojinta

Si degdeg ah u qabooji cuntada adoo adeegsanaaya mid kamid ah qaababka soo socda ee qaboojinta ama ka badan:

- Ku shub cuntada digsi godan
- Cuntada u kala qaybi cadad yaryar ama dhuuban
- Qasacyada biyaha barafka ah kadibna si xariir ah u walaq
- Adegso qasacyo bir ah
- Kudar baraf kamid ah maadooyinka
- Adeegso aalada qaboojinta degdega ah, sida dajiyaasha qaraxa

Tuna salad prepared from room temperature ingredients is cooled from 68°F to 50°F in 4 hours. The tuna salad must be discarded.

## Temperature danger zone

The temperature range in which disease causing bacteria grow best in TCS food is called the temperature danger zone.

- The temperature danger zone is between 41°F and 135°F.
- TCS food must pass through the temperature danger zone as quickly as possible.
- Keep hot food hot and cold food cold. Always use a thermometer to check internal food temperatures.

## Cooling methods

Cool food rapidly using one or more of the following cooling methods:

- Place food in shallow pans
- Separate food into smaller or thinner portions
- Place containers in an ice water bath and stir frequently
- Use metal containers
- Add ice as an ingredient
- Use rapid cooling equipment, such as blast chillers

- Adeegso qabatooyinka barafka oo nadiif ah lana jeermis-dilay
- Adeegso qaabab kale oo waxtar leh

Markaad adeegsanayso qalabka qaboowga ilaalsha si aad cunto ugu qaboojiso, sii meel ay hawadu marto dhexda iyo geesaha qasacyada. Markasta ka difaac cuntada inay sumoowdo.

- Use cleaned and sanitized ice wands
- Use other effective methods

When using cold holding equipment to cool food, provide space for air flow between and around containers. Always protect food from contamination.

## Macluumaadka (Resources)

[Minnesota Department of Health Food Business Safety](http://www.health.state.mn.us/foodbizsafety)  
(<http://www.health.state.mn.us/foodbizsafety>)

Minnesota Department of Health  
Food, Pools, and Lodging Services  
PO Box 64975  
St. Paul, MN 55164-0975  
651-201-4500  
[health.foodlodging@state.mn.us](mailto:health.foodlodging@state.mn.us)  
[www.health.state.mn.us](http://www.health.state.mn.us)

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*Si aad xogtan ugu hesho qaab kale, wac: 651-201-4500 or 651-201-6000.*

Minnesota Department of Agriculture  
Food and Feed Safety Division  
625 Robert Street N  
St. Paul, MN 55155-2538  
651-201-6027 or 1-800-697-AGRI  
[MDA.FFSD.Info@state.mn.us](mailto:MDA.FFSD.Info@state.mn.us)  
[www.mda.state.mn.us](http://www.mda.state.mn.us)

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