



Food Safety Guidance

Addendum E

PHF

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Serve It Up Safe!

a dba for:

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Potentially Hazardous Foods

Potentially Hazardous Foods (PHF) are foods that require Time & Temperature Control for Safety (TCS). PHF include meat, poultry, fish, eggs, dairy, cut fruits & vegetables and anything grown in soil, like potatoes & rice for example. They are foods that are capable of supporting the rapid growth of pathogenic microorganisms (germs that spread disease). These foods usually have high protein and moisture content and low acidity.

That being said, there are 3 primary ways in which food can endanger a consumer. If it possesses a:

- **Physical** hazard (hair, staples, bones or dirt for example)
- **Chemical** hazard (cleaning agents for example)
- **Biological** hazard (saliva or blood for example)
 - **Including a pathogen** (or a toxic by-product of a pathogen)

Regarding pathogens, there are three ways in which pathogenic infected food can cause a foodborne illness:

1) Infection- the consumption of foods with pre-existing pathogens (bacteria or viruses) that are multiplying rapidly. Illness is delayed onset.

2) Intoxication- food contaminated with toxins produced when those existing pathogens release toxin when they die or re-produce. Illness is immediate onset.

Pathogenic toxin= the bi-product of pathogens, like waste and/or deceased pathogens

Chemical toxin= cleaning agents and solvents

3) Toxin Mediated Infection- food containing pathogenic microorganisms whereas those pathogens produce toxins(waste) that cause illness.

Although this document is intended to give you an overview of our most prevalent foodborne illnesses, it is not a complete or comprehensive guide, should not be relied on for medical advice or treatment, does not replace the advice of a licensed physician, and should not be relied on for self-treatment of said medical conditions. Always seek the advice of a licensed physician anytime you suspect you have any condition that is not normal or symptomatic of any known or unknown foodborne illness.