

Fayo-qabka Cuntada inta Korontadu Maqan tahay

Food Safety During a Power Outage

SHAQADA IYO GURMADKA OPERATION AND RESPONSE

Somali

Talaabooyinka la qaadaayo

1. Jooji shaqada isla markaaba haddii khatar wayn ama halis caafimaad ay jirto ama fayo-qabka cuntada aan la xaqiijin karin.
2. Qor waqtiga bilowga iyo mudada korontadu maqan tahay.
3. Hubi oo qor heerkullada cuntada lagu Ilaaliyo Waqtiga/Heerkulka si loogu fayo-dhowro Cuntada (TCS) si joogto ah inta korontadu maqan tahay.
4. U adeegso heerkulkaaga iyo diiwaanka waqtiga si aad u xisaabiso mudada cuntada TCS ay ku jirtay heerka heerkulka khatarta ah.
5. U fiiri diiwaankaaga tilmaamaha ku haynta kulaylka iyo qaboowga ee [Shirka Difaaca Cuntada - Qorshaha Xaalada Degdega ah ee Goobaha Cuntada Tafaariiqda iibsha \(Conference for Food Protection - Emergency Action Plan for Retail Food Establishments \(PDF\)\)](#) si aad u go'aamiso cuntada aad tuurayso. La xariir kormeerahaaga si uu kuu caawiyo.

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 ayaa u dhexeeya 41°F iyo 135°F.
- Cuntada kulul kulayl ha ahaato midda qaboowna qaboow ha ahaato. Mar kasta isticmaal aalada heerkulka cabirta si aad u hubiso heerkulka gudaha ee cuntada TCS.

English

Steps to take

1. Stop operating immediately if a significant threat or danger to health exists or food safety cannot be assured.
2. Record the start time and length of the power outage.
3. Check and record temperatures of time/temperature control for safety (TCS) food regularly during the power outage.
4. Use your temperature and time record to calculate how long TCS food was in the temperature danger zone.
5. Compare your record to the guidelines for hot and cold holding in the [Conference for Food Protection – Emergency Action Plan for Retail Food Establishments \(PDF\)](#) to determine what to throw away. Contact your inspector for help.

Temperature danger zone

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

- Temperature danger zone is between 41°F and 135°F.
- Keep hot food hot and cold food cold. Always use a thermometer to check TCS food temperatures.

Tilmaamaha badqabka cuntada

Ha xirnaadaan albaabada talaagada iyo baraf dhaliyuhu marka aad hubinayso heerkulka cuntada TCS.

Saar baraf ama baraf qalalan talaagadaha iyo baraf dhaliyaasha si aad uga caawiso inay cuntada TCS ku hayaan heerkul dhan ama ka hooseeya 41°F halka cuntada barafka ah ay baraf sii ahaanayso.

Ha gelin cunto kulul talaagada ama baraf dhaliyaha. Tani waxay kordhinaysaa heerkulka gudaha.

Adeegso baraf si aad degdeg ugu qaboojiso cadadka yaryar ee cuntada.

U adeegso ilaha kale ee aan korontada ahayn wax kululaynta, sida inaad saxamuunta geliso dab huursan si aad cuntada TCS ee kulul ugu hayso 135°F ama heer ka sareeya.

Food safety tips

Keep refrigerator and freezer doors closed when not checking TCS food temperatures.

Place ice or dry ice in refrigerators and freezers to help keep TCS food at or below 41°F and frozen food in a frozen state.

Do not add hot food to refrigerators or freezers. This will raise the internal air temperature.

Use ice or ice baths to rapidly cool small batches of food.

Use non-power sources of heat, such as chafing dishes with canned heat to maintain hot TCS food at 135°F or above.

Macluumaadka (Resources)

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

[Conference for Food Protection Emergency Action Plan for Retail Food Establishments \(PDF\)](http://www.foodprotect.org/media/guide/Emergency%20Action%20Plan%20for%20Retail%20food%20Est.pdf)
(<http://www.foodprotect.org/media/guide/Emergency%20Action%20Plan%20for%20Retail%20food%20Est.pdf>)

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