Potentially Hazardous Food

A Potentially Hazardous Food (PHF) is any food or ingredient (natural or synthetic) capable of supporting the rapid and progressive growth of infectious or toxin producing microorganisms. Here are some examples:

1. **Meat and Dairy** – Cooked or raw animal (protein) products
   - meats
   - poultry
   - dairy
   - milk
   - cheese
   - fish & seafood

2. **Heat Treated Vegetables and Starches**
   - rice
   - beans
   - pasta
   - potatoes

3. **Sprouts, Melons and Other Items associated with foodborne outbreaks**
   - raw seed sprouts
   - cut melons
   - garlic in oil
   - tofu