

# Food Thermometer Fact Sheet

A food thermometer is essential for all operations that handle food.

## To use a food thermometer

1. Make sure the thermometer and case are clean (wash, rinse, sanitize, and air dry thermometer before and after each use).
2. When cooking, take the temperature in the center of the food. When receiving perishable foods, check the temperature at the edge of the food.
3. Insert the sensor area (bottom 2 inches) of the thermometer into the food.
4. Wait for the needle to stop moving. Take the temperature reading after the needle has been still for 15 seconds.
5. Recalibrate or adjust thermometer accuracy periodically.

## To calibrate a food thermometer

Recalibrate or adjust the accuracy of your thermometer periodically, after an extreme temperature change (such as going from hot food to frozen food), and if the thermometer is dropped. Use the ice point method for cold foods or the boiling point method for hot foods.

### Ice Point Method

1. Insert the sensing area of the thermometer into a container with half water and half ice.
2. Wait until the indicator stops moving.
3. Adjust the calibration nut so that the indicator reads 32° F (0° C).

### Boiling Point Method

1. Insert the sensing area into boiling water.
2. Wait until the indicator stops moving.
3. Adjust the calibration nut so that the indicator reads 212° F (100° C).

Note: The boiling point differs with altitude. The boiling point lowers about 1° F (0.6° C) for each 550 feet above sea level.

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