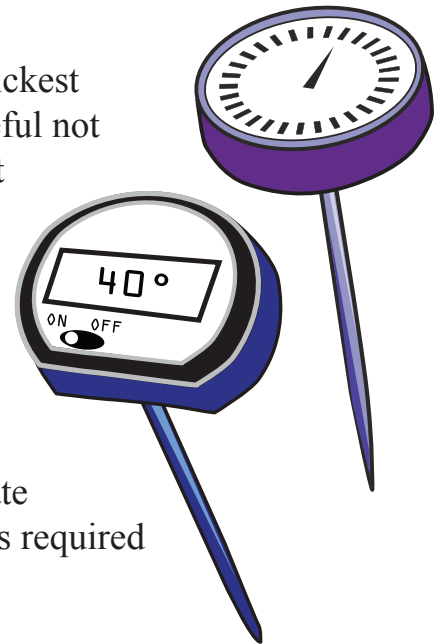


Food Safety Grab and Go Lesson

How to Use a Metal-Stem Thermometer

How to Use a Metal-Stem Thermometer

- Step 1:** Clean and sanitize the metal stem of the thermometer before and after you use it in a food.
- Step 2:** Stick the stem of the thermometer into the thickest part of the food, about 2 inches deep. Be careful not to touch fat, bone, or the cooking pan. Do not leave the metal stem thermometer in the food during cooking.
- Step 3:** Wait for the dial or the digital indicator to stop (about 15 seconds) and then read the temperature.



Check with your sponsor, state agency, or local and state public health department for the safe food temperatures required in your state.

Remember to check and change the battery in a digital thermometer on a regular basis. Keep an extra battery on hand.

Be sure to calibrate thermometers on a daily basis. Also, calibrate thermometers when they are bumped or dropped to maintain accurate readings.

Keep hot food at or above 140 °F if you are holding food before it is served.

Keep cold food at or below 40 °F before it is served.

Food Safety Grab and Go Lesson

How to Use a Metal-Stem Thermometer

Ice-Point Method to Calibrate a Metal-Stem Thermometer

Use the ice-point method to calibrate a metal-stem thermometer and routinely check your thermometer to make sure it correctly measures temperature. Everyday activities, or dropping it, can cause a thermometer to register temperatures incorrectly. The ice-point method is used most often to ensure the thermometer correctly measures the temperature (unless a thermometer cannot measure a temperature of 32 °F). Follow the steps below to check and calibrate a thermometer.

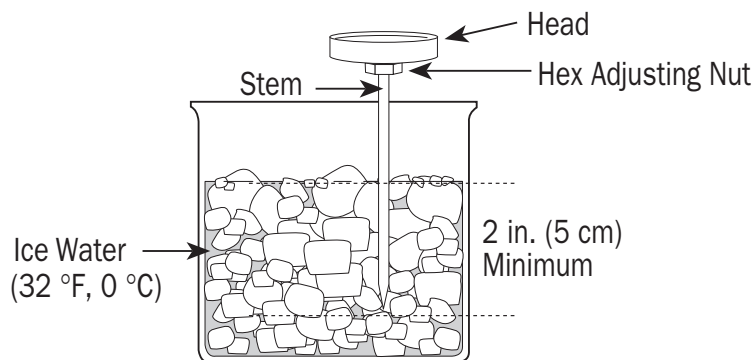
Ice-Point Method

Step 1: Fill a glass with crushed ice. Add water until the glass is full.

Step 2: Place the thermometer in the center of the glass of ice water, not touching the bottom or sides of the glass.

Step 3: Agitate the glass of ice water to assure even temperature distribution throughout. Wait until the indicator stops.

Step 4: The temperature should register 32 °F. If it does not, adjust the calibration nut by holding it with pliers or a wrench and turning the face of the thermometer to read 32 °F. If using a digital thermometer with a reset button, adjust the thermometer to read 32 °F while the metal probe is in the ice water, or replace the battery.



Thermometer Information Resource (2005).