

Calibration

After buying a thermometer, check to see if it reads the proper temperature. There are two ways to calibrate a thermometer, the ice point method and the boiling point method.

For the ice point method, fill a large glass with crushed ice. Add tap water until the glass is full, and stir well. Place the thermometer stem into the ice water mixture so 1/2 to 2 inches of the tip is in the water. Do not let the stem or probe touch the sides or bottom of the glass. Wait at least 30 seconds or until the indicator stops moving. With the thermometer stem or probe still in the ice water mixture, use a wrench to turn the adjusting nut until the thermometer reads 32°F.

For boiling point method, bring tap water to a boil in a deep pan. Put the thermometer stem into the boiling water so the sensing area (1/2 to 2 inches of the tip) is under water. Do not let the stem touch the pan's bottom or sides. Wait at least 30 seconds or until the indicator stops moving. With the thermometer stem or probe still in the water, use a wrench to turn the adjusting nut until the thermometer reads 212°F.



Keep Food Safe: Use a Food Thermometer

Why Use a Food Thermometer?

- 1) Check the internal temperature of foods
- 2) Help to prevent foodborne illness
- 3) Cook foods to a safe temperature
- 4) Avoid overcooking

Tips for Using a Food Thermometer

- Use a clean thermometer.
- After each use, wash the stem of the thermometer thoroughly in hot, soapy water to prevent cross-contamination.

Place thermometer correctly

Insert thermometer into the thickest part of the food being measured. If the food is irregularly shaped, you may need to check the temp in several places.

Follow thermometer style usage guidelines

Always use a calibrated thermometer and one intended for use with food. **Instant-read thermometers** aren't meant to be left in food while it's cooking. They give a quick reading when they're used to check the internal temperature during cooking and after food is cooked. Leave an instant-read thermometer inserted for about 15-20 seconds to register an accurate temperature.

Oven-proof thermometers are placed into food at the beginning of cooking and left in throughout the cooking period.