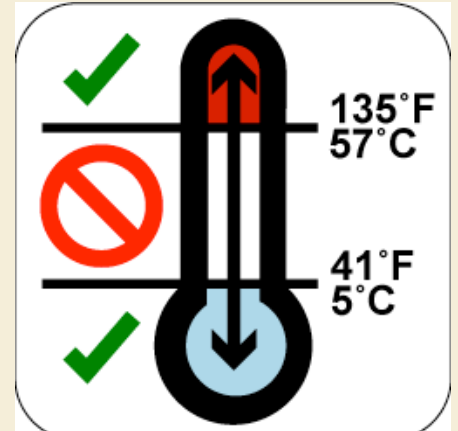


# GFMPs: Food Thermometers

The importance and demonstration of a tip-sensitive, digital food thermometer

**F**ood thermometers are the only accurate method for determining if a food product is stored at or cooked to a safe temperature. Color is not a reliable indicator. Foods such as meat, poultry, and egg products must be cooked to a safe minimum internal temperature to destroy any harmful microorganisms that may be in the food.

- Make sure thermometers are clean and sanitary before and after each use.
- When cooking, take the temperature in the center of the food.
- A food thermometer should also be used to ensure that cooked food is held at safe temperatures until served.
- Cook all potentially hazardous foods at approved temperatures for the required duration. Discard samples and food products after 2 hours out of refrigeration and use an accurate thermometer.
- When cooking, take the temperature in the center of the food.
- Take the temperature reading after the needle has been still for 15 seconds.
- Cold foods should be held at 41°F or below. Hot food should be kept hot at 135°F or above.
- Use a thermometer to measure temperature. For example, thermometers can be used to measure the inside temperature of a cooler or a food product.



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Temperature Danger Zone. Food products requiring temperature control should be stored properly to avoid 41°F - 135°F.

## ACTIVITY



### Calibrating a Thermometer

**Ice Point Method:**  
*best if measuring cold foods*

1. Fill an insulated cup with crushed ice and water. Allow the mixture to stabilize to 32°F, which usually takes about five minutes.
2. Insert the thermometer into the center of the cup (not touching the sides or bottom).
3. If the thermometer indicator does not measure 32°F, adjust the thermometer to read 32°F.

**Boiling Point Method:**  
*best if measuring hot foods*

1. Heat distilled water to a rolling boil in a container.
2. Insert the thermometer into the center of the container (not touching the sides or bottom).
3. If the thermometer indicator does not measure 212°F, adjust the thermometer to read 212°F.

Food Item	Minimum Temperature
Poultry including ground chicken and turkey	165°F
Stuffing, stuffed foods, and casseroles	165°F
Ground meats and eggs	155°F
Pork, beef, veal, lamb, and fish	145°F
Commercially processed foods	135°F
Cooked plant foods	135°F