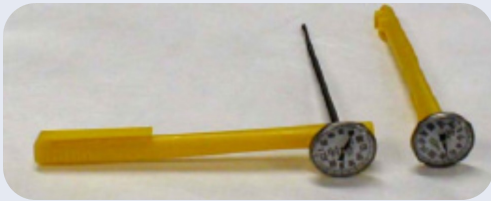


Different Types of Thermometers

There are different types of thermometers that are used to make sure that foods are kept safe.

Stem-type thermometer:

A stem-type thermometer is the most common type of thermometer used in child care facilities to monitor food temperatures. A stem-type thermometer measures from 0° F to 220°F. There are dial and digital versions. The ones with a dial can be calibrated to ensure accuracy. The digital thermometers can take temperatures of thinner foods and give a faster read-out.



Refrigerator Thermometer:

Thermometers that can be placed in a refrigerator or freezer to continually monitor the temperature. They should be placed in the door, which is usually the warmest part of the refrigerator. They cannot be calibrated. Use a calibrated stem thermometer along side your refrigerator thermometer to check if it is accurate.



We recommend all child care providers obtain a Washington State Food Worker Card.

Children are at high risk for diseases like *E. coli* O157H7. During this training, you will learn food safety techniques and receive updated information on serving safe meals and snacks.

Topics include:

- Safe food temperatures
- Proper food handling and sanitation practices
- Identifying potentially hazardous foods
- Use of a thermometer
- Minimizing germs

Stem Thermometer

How to use a metal stem thermometer

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Using a Food Thermometer in Child Care

Temperature control is important for reducing the germs in food. The best way to do this is to use a stem thermometer. Stem thermometers can be purchased at Snohomish Health District or grocery stores for around \$10. A digital thermometer is recommended. Use a thermometer to check the following:

- **Delivery Temperature** – Check the temperature of food delivered to your facility. You should refuse to accept any hot or cold foods that are not delivered at the correct temperature.
- **Cooking Temperatures** – Make sure foods are cooked to the appropriate temperature to kill bacteria and parasites.
- **Refrigeration Temperatures** – Ensure the refrigerator is maintaining a safe temperature. The temperature can be affected by the room temperature, opening the door a lot, amount of food stored, and how old the refrigerator is. Don't forget small refrigerators in infant and toddler rooms. Use a the stem thermometer to check the accuracy of the refrigerator/freezer thermometers about once a month.
- **Bottle warming water** – It is recommended that the water in a slow cooker is kept less than 120° F for warming bottles.
- **Hot tap water** – Make sure it does not exceed 120°F when coming out of the tap.

Proper Temperatures

Make sure that foods are always kept at the following temperatures to prevent bacteria from multiplying and causing a foodborne illness.

Refrigerated foods: 41°F or below

Cooked foods waiting to be served: 140°F or above

Minimum cooking temperatures:

Poultry & poultry products	165°F
Leftovers	165°F
Stuffing/Stuffed Meats	165°F
Ground Beef/Ground Meat	155°
Pork, Fish, Beef, Eggs	145°F
Cooked Fruit & Vegetables	140°F
Cooked Prepackaged Food	140°F

Hot Water: 85°F - 120°F

Checking Food Temperatures

1. Remove the thermometer from the case.
2. Clean and sanitize the thermometer before and after use.
3. Insert the thermometer in the thickest part of the product, up to the dimple on the lower part of the stem.
4. Allow time for the thermometer to stabilize.
5. Read the temperature.

Checking Water Temperatures

1. Remove the thermometer from the case.
2. Turn on the hot water tap and run the water until it is hot.
3. Allow the water to run over the lower part of the stem, covering the area below the dimple.
4. Allow time for the thermometer to stabilize.
5. Read the temperature.

Checking the Thermometer

It is very important to ensure a thermometer is reading accurately. Thermometers should be checked for accuracy once a month or if dropped. Many of the dial thermometers can also be adjusted if they are reading incorrectly. The digital ones must be replaced.

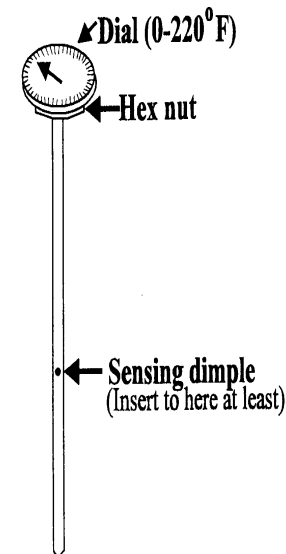
Calibrating using Ice Water

1. Fill a glass with crushed ice and water (more ice than water). Set the glass aside for 5-10 minutes. This will allow the ice to lower the water temperature to 32°F.



2. Place the stem thermometer in the water deep enough to be above the dimple on the stem.
3. Leave the thermometer in the water for a couple of minutes then read the dial; it should read 32°F. Keep the stem from

touching the sides or bottom of the glass when you read or change the dial.



4. For dial thermometers, if it doesn't read 32°F use pliers or a small wrench to turn the hex nut or metal disk located just under the dial. (Some thermometers have a wrench built into the case). While the stem is in the ice water, turn until the needle on the dial points to 32°F. Leave in the ice water a few minutes to ensure it remains at 32°F.