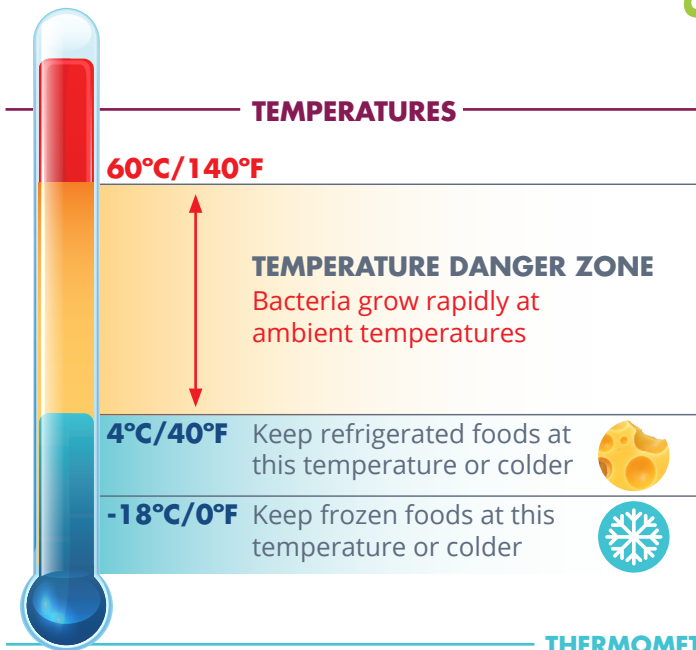


# FOOD TEMPERATURE *guide*



FOODRESCUE.CA



## TEMPERATURES

60°C/140°F

### TEMPERATURE DANGER ZONE

Bacteria grow rapidly at ambient temperatures

4°C/40°F

Keep refrigerated foods at this temperature or colder



-18°C/0°F

Keep frozen foods at this temperature or colder



## THERMOMETER TYPES

Thermometers are used at every step of the food handling process to ensure that temperature-sensitive food items are kept out of the Temperature Danger Zone.

The most optimal type is a digital probe thermometer. A bimetallic probe type can be used, but all types must be routinely calibrated.

Calibrating a thermometer means adjusting it to a known temperature to ensure the device's accuracy. Bimetallic thermometers should be calibrated:

- At the start of a day or before a food rescue
- After extreme temperature change (e.g: 100°C to 0°C)
- After being dropped.

## THERMOMETER CALIBRATION

### Freezing point method



Mix a glass with half water and half crushed ice. Insert the thermometer probe and hold it, suspended in the liquid. Ensure that it does not touch the sides or bottom of the glass. When using a bimetallic thermometer, wait for the indicator to stabilize, then use the nut adjuster (usually a part of the thermometer's holding clip) or a small wrench to adjust the indicator hand to 0°C.

### Boiling point method



Bring a pot of water to a boil. Insert the thermometer probe into the water and hold it, suspended in the liquid. Ensure that it does not touch the sides or bottom of the pot. When using a bimetallic thermometer, wait for the indicator to stabilize, then use the nut adjuster (usually a part of the thermometer's holding clip) or a small wrench to adjust the indicator hand to 100°C.

## TEMPERATURE MEASUREMENT

When using a probe thermometer, always wait for the indicator to stabilize before recording the temperature. Clean and sanitize the thermometer probe between taking temperatures of different food items and after each use.

FOOD CATEGORY	HOW TO
Frozen Foods	Place the probe between two frozen food items. If only a single item is available, an infrared thermometer must be used.
Bulk Liquid Bags (example: bulk milk)	Fold the bag over the probe. Do not pierce the packaging.
Packaged Foods	Place thermometer between two packages. Alternately, open one packaged item to take its temperature. Consume immediately or dispose.
Prepared Foods	Stir the product before taking the temperature. Insert the probe into the prepared food, ensuring that it does not touch the sides or bottom of the container.
Cooked Meat and Seafood	Insert the probe into the thickest part of the meat/seafood, ensuring that it does not touch any bones.
Uncooked Meat	Place the probe directly between meat products. Ensure that the probe does not touch the bones or the sides or bottom of the container.
Uncooked Shellfish (clams, mussels, etc.)	Insert the probe into the container of shellfish. Do not open individual shells.

These guidelines follow Canadian food safety requirements and provincial regulations. FoodRescue.ca was built and is operated by Second Harvest, Canada's largest food rescue charity.