How to use a meat thermometer?

When using a meat thermometer, always make sure that the unit is **regularly calibrated** to ensure accurate temperature readings. Use the ice point or boiling point method for calibration depending on the intended use of your meat thermometer. Accurate temperature readings are critical for maintaining food safety.

In using a meat thermometer, follow these steps:

1 Clean and sanitize the tip of the meat thermometer.

2 Slowly insert the thermometer probe at least 2 inches into the thickest part of the food, avoiding fat portions and bones.**

3 Make sure that the sensor of the thermometer probe is inside the food.

4 Wait for the reading to stabilize before recording the temperature. Allow at least 15 to 20 seconds for the correct temperature to register.

5 Once recorded, remove the thermometer and wipe it clean.

*Double-check if your meat thermometer is heat-proof or if it can withstand oven temperatures.

**For oven thermometers, leave the thermometer inserted into the food and monitor the temperature reading.

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