PROVE IT – CHILLED AND FROZEN STORAGE



You may like to use a disinfected temperature probe to prove your methods are safe. You can record details of these checks in the Prove It: Records section.

SAFE METHOD	WHAT TO DO	ноw то до іт
Chilled and frozen storage and display	The 'Chilled storage and display' and 'Frozen storage and display' safe methods in the Chilling section tell you how to keep chilled and frozen food safely.	To check food is at 8°C or below, use a clean and disinfected probe thermometer. Insert the probe so the tip is in the centre of the food (or the thickest part).
	is recommended that fridges and chilled splay equipment should be set at 5°C or below. his is to make sure that chilled food is kept 8°C or below. This is a legal requirement England, Wales and Northern Ireland, and commended in Scotland. is good practice to keep frozen food at -18°C colder.	See also 'How to use the probe' in the Probes section below. When you use a probe to test packaged products in this way, they will have to be removed from sale and thrown away because the packaging will be damaged. To check the air temperature in your fridge, freezer or display unit, place your probe thermometer inside the equipment and wait for the display to stabilise before taking a reading.

USING TEMPERATURE PROBES

PROBE TYPE

WHERE TO USE THE PROBE

HOW TO USE THE PROBE

Digital thermometer



These are generally easy to use and accurate. They can be used with lots of foods and between packs of food, but they are not suitable to go in the oven.

Clean and disinfect the probe, then insert the probe. Wait for the display to stabilise before taking a reading. Clean the probe thoroughly and disinfect it before you use it again. This helps to prevent cross-contamination.

Infa-red thermometer



These types of probe are used for testing cold surface temperatures of food when delivered or in fridges and freezers.

They cannot be used for checking the temperature in the centre of cooked, reheated or cooling food.

Direct the probe at the surface of the food avoiding any reflective packaging or sticky labels (as this gives a false reading).

If the temperature seems high, use a clean, disinfected digital thermometer to confirm the reading.



CHECKING YOUR PROBE

It is essential to know that your probe is working properly, so you can rely on its readings. You should check it regularly. The manufacturer's instructions should include details of how often a probe needs to be checked and how to tell if it is accurate.

A simple way to check a digital probe is to put it in iced water:

• The readings in iced water should be between -1°C and 1°C.

If the reading is outside this range, you should replace your probe or return it to the manufacturer to be calibrated.

LOOKING AFTER YOUR PROBE

It is very important to keep your probe clean, otherwise it could spread dirt and harmful bacteria to the food you are testing. Before the probe is inserted into food, clean and disinfect it, and again after use.

Probe wipes are a good way to clean and disinfect probe thermometers, however make sure the wipes don't dry out as then they won't disinfect properly.

You need to look after your probe to prevent it from getting damaged and help keep it working properly. Avoid leaving a digital probe inside a fridge, freezer or on hot surfaces for a long period of time. When you are not using it, store it safely, away from extreme temperatures and liquids. Keep the probe in its case, if it has one. Avoid banging or dropping your probe. If the battery is low, replace it immediately.

PROVE IT - RECORDS

If you decide to use a probe to prove that your chilled or frozen storage method is safe, you can write the details below. You only need to do this as a one-off check.

EQUIPMENT e.g. DAIRY CABINET	TEMPERATURE READING	DATE