

SAFE METHOD:



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	HOW TO DO IT
Chilled and frozen storage and display	<p>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.</p> <p>It is recommended that fridges and chilled display equipment should be set at 5°C or below.</p> <p>This is to make sure that chilled food is kept at 8°C or below. This is a legal requirement in England, Wales and Northern Ireland, and recommended in Scotland.</p> <p>It is good practice to keep frozen food at -18°C or colder.</p>	<p>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).</p> <p>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.</p> <p>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.</p>

USING TEMPERATURE PROBES

PROBE TYPE	WHERE TO USE THE PROBE	HOW TO USE THE PROBE
<p>Digital thermometer</p> 	<p>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.</p>	<p>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.</p>
<p>Infra-red thermometer</p> 	<p>These types of probe are used for testing cold surface temperatures of food when delivered or in fridges and freezers.</p> <p>They cannot be used for checking the temperature in the centre of cooked, reheated or cooling food.</p>	<p>Direct the probe at the surface of the food avoiding any reflective packaging or sticky labels (as this gives a false reading).</p> <p>If the temperature seems high, use a clean, disinfected digital thermometer to confirm the reading.</p>

