

Slow Cooker Safety

If the slow cooker in your house hasn't been used in a while or even if you use it on a regular basis, it is a good idea to test it for accuracy. Follow these simple steps to make sure your slow cooker is working properly and your food is safe!

- Fill the slow cooker 1/2 to 2/3 full with water. The amount of water you need depends on the size of the slow cooker.
- Turn the slow cooker on to LOW and let heat for 8 hours. Do not lift the lid during this time!
- Check the water temperature with an accurate food thermometer. Do this quickly since the temperature in the slow cooker drops 10 to 15 degrees once the lid is removed.
- The temperature of the water should be between 185 and 200 degrees.
- If the water temperature is less than 185 degrees, the slow cooker is not safe to use and should be thrown out. If the temperature is over 200 degrees, then that is an indication that food cooked for 8 hours in the slow cooker without any stirring would likely be overdone; therefore, your slow cooker should be safe to use.

