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LEADING IDEAS
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Food
Standards
Scotland

ZERO2FIVE^o
Food & Drink Research Unit

Volunteers needed for: Home kitchen thermometry study

Ethical approval has been obtained from the Healthcare and Food Ethics Committee (Ref: Sta-8405).

Home kitchen thermometry study

Project aim:

The goal of this study is to help people ensure their home fridges are running at a safe temperature and that food is cooked to a safe temperature.

Invitation to participate:

We are looking for volunteers to take part in our research study. Before you decide whether you want to take part or not, it is important for you to understand why the research is being done and what it will involve. Please therefore take time to read the [participant information sheet](#) carefully.

What is the purpose of the study?

Our previous research found that many people over 65 in Scotland are concerned about fridge and cooking temperatures. This study aims to provide tools to check fridge and cooking temperatures, helping people ensure food safety at home.

Who can take part?

- People over the age 65 years in Scotland
- Individuals who assist people over 65 with food-related activities

What does the study involve?

1. *Sign-up to participate:* Provide your postal address after agreeing to participate.
2. *Receive the participant pack:* A participant pack containing a temperature probe, a fridge thermometer and instructions for use will be sent to you in the post on 1st August 2024.
3. *Taking part in the study:* To participate in this study you will need access to a smart phone.
 - Take a picture of the temperature probe in your cooked food (e.g., meat or poultry) showing the temperature.
 - Take a picture of the fridge thermometer in your fridge door storage area showing the temperature.
 - Upload the pictures to an online portal (link will be provided in the participant pack). Portal closes on September 30, 2024. Submissions imply your consent to participate.
4. *Incentives for taking part:* Four participants will be randomly selected to win £25 vouchers. You can keep the temperature probe and fridge thermometer after the study.

Need more information?

If you have any questions please contact Dr Ellen Evans on elefans@cardiffmet.ac.uk

prize and submission

As a volunteer for this thermometry study, do you agree to upload a pictures of the temperature probe and fridge thermometer being used to an online platform using a smartphone?

- Yes
- No
-

Please provide your name and postal address for us to send the participant pack out to you in the post

Name

Address line 1

Address line 2

Town

County

Postcode

Please provide your email address:

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