



Using Your Microwave Oven Safety

Microwave ovens play such an important role in the American meal time that over 90% of all homes have at least one. When used correctly they can make your kitchen duties easy, but when used incorrectly they can cause a lot of problems, including foodborne illness.

- When cooking foods in the microwave, be sure to:
 - Arrange food evenly on the dish and cover with a lid or plastic wrap. Be sure to loosen the lid or wrap to allow steam to escape.
 - Stir and rotate food halfway through the cooking process.
 - Always use a cooking thermometer to be sure the food has reached the recommended safe internal temperature.



Using Your Cooking Thermometer On Microwave Foods



- Use the Safe Minimum Cooking Temperatures provided in the other items section, when checking the internal temperature.
- Be sure to allow microwaved foods to rest as directed before checking the internal temperature. The food is still cooking even after the timer rings.
- Due to uneven cooking; meat, poultry, and seafood may need to be measured in several different places with the cooking thermometer.
- Stir other food dishes before measuring their internal temperature.





- When using a microwave oven to defrost or partially cook food, it is important to transfer the food immediately to the other heat source and continue cooking the food.



Your microwave oven has already started to cook the defrosted food. If you do not finish cooking it right away your food will be in the danger-zone.

- Heat ready-to-eat foods such as hotdogs, luncheon meats, fully cooked ham, and leftovers until steaming hot.
- Only use cookware that is specially manufactured for use in microwave ovens. Cookware that is safe to use should be labeled.
 - Do not use the following items in your microwave oven.
 - Plastic storage containers intended for one time use. These include margarine tubs and take-out containers (unless labeled as microwave-safe)
 - Plastic storage bags, brown paper bags, or plastic grocery bags.
 - Aluminum foil

