

# Microwave Safety

## What Goes in the Microwave



Glass  
Ceramics  
Most paper products  
Cookware labeled as "microwave safe" on the underside



Metal  
Foam  
Brown paper bags  
Newspaper  
Cold storage containers (like butter tubs)

Stir your food half way through the cooking time. Cold spots can develop in the microwave that may not get hot enough to kill harmful bacteria.

Allow your food items to have a minute or two of stand time. Stand time is a period of time where the food is left alone after cooking. This time allows the food to finish cooking evenly.

### Heating Tips

Ensure that your food has some way to vent off steam. Never put something in the microwave with the lid on tight. The steam can build up and lead to explosions in the microwave.

Always follow the cooking instructions provided on the packaging.