Safe Microwave Defrosting, Cooking and Reheating of Food

- Thaw food using the defrost button on your microwave.
- Remove food from packaging before defrosting. Do not use foam trays and plastic wraps because they are not heat stable at high temperatures.
- Cook meat, poultry, egg casseroles and fish immediately after defrosting in the microwave oven. During defrosting in the microwave, food heats up and can cause bacteria that may be present to start multiplying.
- Cover foods with a lid or a microwave-safe plastic wrap to hold in moisture and provide safe, even heating.
- After reheating foods in the microwave oven, allow the food to "stand." Then, use a clean food thermometer to check that food has reached 165°F.

Microwave-Safe Containers & Wraps

- Only use cookware that is specially manufactured for use in the microwave oven. Glass, ceramic containers and all plastics should be labeled for microwave oven use.
- Plastic storage containers such as margarine tubs, take-out containers and other one-time use containers should not be used in microwave ovens. These containers can warp or melt, possibly causing harmful chemicals to migrate into the food.
- Microwave plastic wraps, wax paper, cooking bags, parchment paper and white microwave-safe paper towels should be safe to use. Do not let plastic wrap touch foods during microwaving.
- Never use thin plastic storage bags, brown paper or plastic grocery bags, newspapers or aluminum foil in the microwave oven.