FACT:

Microwaves aren't what kill bacteria — it's the heat generated by microwaves that kills bacteria in foods.

Microwave ovens are great time-savers and will kill bacteria in foods when heated to a safe internal temperature. However, foods can cook unevenly because they may be shaped irregularly or vary in thickness. Even microwave ovens equipped with a turntable can cook unevenly and leave cold spots in food, where harmful bacteria can survive.

✓ Be sure to follow package instructions and rotate and stir foods during the cooking process, if the instructions call for it.

✓ Observe any stand times as called for in the directions.

✓ Check the temperature of microwaved foods with a food thermometer in several spots.

Partnership for Food Safety Education

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