

MYTH:

“If I microwave food, the microwaves kill the bacteria, so the food is safe.”

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.*