

Safe Use of Microwave Ovens

DO:

- Use your microwave only for defrosting, reheating, and cooking food.
- Make sure the front door of your microwave is at least three inches back from the edge of the counter or tabletop.
- If the oven falls on the floor, check the door seal before using it again.
- Make sure the containers you plan to use are suitable for a microwave. Put water in the container and heat it in your microwave for two minutes. If, after that time, the container is hot, but the water is not, do not use it in your microwave. If the water is hot and the container is warm, it is OK for microwave use.
- Use plastic containers in your microwave unless instructions on the container advise against it.
- Use a fork to poke holes in the outer skin of foods like potatoes, hot dogs, sausages, tomatoes, apples, chicken liver, etc. Microwave cooking causes food to expand unless there are holes in the skin, the food can burst.
- Poke holes in “boiling” cooking pouches and tightly sealed plastic bags before putting them in the oven.
- Remove twist-ties from paper or plastic bags before placing them in the oven.

DO NOT:

- Do not cook eggs in or out of the shell unless the yolks have been broken (i.e., scrambled). Microwave cooking can cause yolks to burst.
- Do not cover glass cooking containers. They may burst.
- Do not fill a glass-cooking container close to the brim. It may bubble over.
- Do not make popcorn – even “microwave” popcorn – in your oven. It may not cook evenly, and the grease can cause the popcorn container to catch fire.
- Do not try to brown meats in your oven. It will not work.

- Do not tamper with or adjust the door latch on your oven. The door latch must be in place for the oven to work properly.
- Do not let the door of the oven get dirty. Clean all grease and dirt from the outside and inside of the door.
- Do not use the oven if the cord or plug is damaged.
- Do not “preheat” your microwave oven.
- Do not use metal cooking utensils in your microwave. Metal can damage the oven; cause fires, and emit harmful fumes.

CONVECTION / MICROWAVE OVENS

DO:

- Use the oven to brown meat.
- Preheat the oven.

DO NOT:

- Do not use plastic containers in the oven.
- Do not use glass jars for cooking.
- Do not use metal baking dishes for cooking.