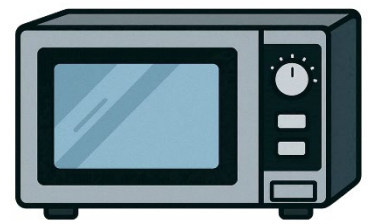


Microwave Oven

SAFETY



DOs and DON'Ts



DOs:

Use only microwave-safe containers.
Open the cover slightly to vent steam.



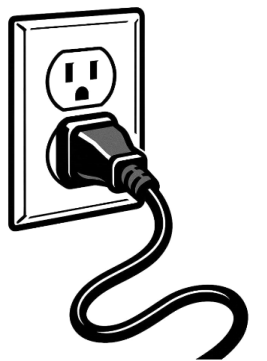
Clean up spills right
away with a damp
cloth or paper towel
to prevent odors.



Add water to dry food,
like ramen, so it cooks
evenly and doesn't burn.



Plug microwave oven electrical
cords directly into wall receptacles.



Use a towel, pot holders, or oven
mitts to touch hot food containers.



DON'Ts:

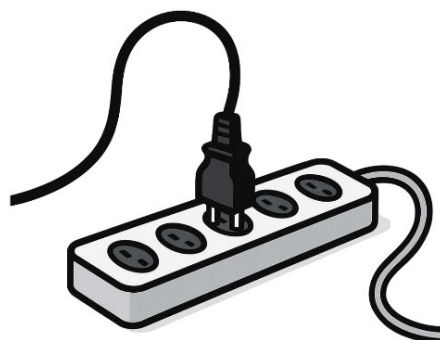
Don't heat food in Styrofoam
containers, plastic bags,
paper bags, or anything else
that is not microwave-safe.



Don't put metal objects
inside microwave ovens,
like metal utensils,
bottles and containers,
or aluminum foil.



Don't heat food too
long and don't leave
the oven unattended
while operating.

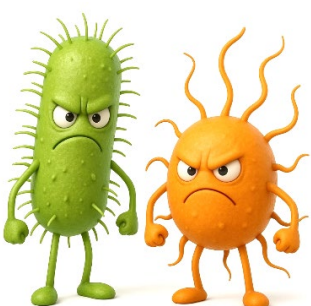


Never plug a microwave oven
into a power strip or
extension cord. This can cause
electrical shocks and fire.

Don't overheat liquids – they
can boil over or 'explode' and
cause burns. Stir occasionally
or put a microwave-safe spoon
in the liquid while heating.



Don't leave cooked or reheated
food out longer than 2 hours –
eat or refrigerate it right away.
Otherwise, bacteria can multiply
in the food and make you sick.



Students: Check with an adult if you have questions or need help!