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## **10 Convenient Ways To Eliminate Food Poisoning With Your Microwave**

**By Terry Nicholls**

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Microwave ovens can play an important role at mealtime, but special care must be taken when cooking or reheating meat, poultry, fish, and eggs to make sure they are prepared safely. Microwave ovens can cook unevenly and leave "cold spots," where harmful bacteria can survive. For this reason, it is important to use the following safe microwaving tips to prevent food-borne illness.

### **Microwave Cooking**

1. Arrange food items evenly in a covered dish and add some liquid if needed. Cover the dish with a lid or plastic wrap; loosen or vent the lid or wrap to let steam escape.
2. Large cuts of meat should be cooked on medium power (50%) for longer periods. This allows heat to reach the center without overcooking outer areas.
3. Stir or rotate food midway through the microwaving time to eliminate cold spots where harmful bacteria can survive.

### **Microwave Defrosting**

4. Remove food from packaging before defrosting. Do not use foam trays and plastic wraps because they are not heat stable at high temperatures.
5. Cook meat, poultry, egg casseroles, and fish immediately after defrosting in the microwave oven because some areas of the frozen food may begin to cook during the defrosting time.

### **Reheating In The Microwave**

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6. Cover foods with a lid or a microwave–safe plastic wrap to hold in moisture and provide safe, even heating.

7. After reheating foods in the microwave oven, allow standing time. Then, use a clean food thermometer to check that food has reached 165 °F.

### Proper Containers

8. Only use cookware that is specially manufactured for use in the microwave oven and that is labeled for microwave oven use.

9. Plastic storage containers such as margarine tubs, take– out containers, whipped topping bowls, 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.

10. 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.

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Terry Nicholls is the author of the eBook "Food Safety: Protecting Your Family From Food Poisoning". For more tips like these, and to learn more about his book, visit his website at

## **Food Safety Begins In The Home**

### **By News Canada**

(NC)–More than 200 known diseases are transmitted through food, and Health Canada estimates that every year approximately two million Canadians suffer from illness caused by foodborne bacteria. While the majority of these cases are mild, Health Canada reports that 2 to 3 percent of all cases will lead to chronic health problems and as many as 30 will die from complications due to food poisoning.

Susan Brunt, a Toronto based family physician and LYSOL spokesperson, reminds us that food safety starts in the home and offers helpful hints on how to keep your home healthy this summer: Wash your hands thoroughly with soap and water Check expiration dates on all food Bring food home from the supermarket promptly to refrigerate or freeze Thaw frozen food in the refrigerator or microwave–not on the counter Use separate cutting boards for raw meats and vegetables to avoid cross–contamination–the accidental spread of germs from food to food or from surface to food Disinfect food preparation surfaces with LYSOL® Sanitizing Wipes. They offer a convenient way to prevent cross–contamination in your kitchen and around the grill area Chill and refrigerate leftovers immediately and use within 2–3 days. Date leftovers to make sure you use them before they spoil

Dr. Brunt also reminds us that the most severe cases of food poisoning tend to occur in the very old, the very young, and those with weak immune systems.

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For additional information on how to make your home safe this summer, call for a free copy of the "Summer Safety—Put Your Family on the Road to a Safe and Healthy Summer" brochure at 1-800-99-LYSOL.

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