



Microwave Safety

- Microwave safety is important; here are some tips.
- Always follow the advice of the manufacturer of your microwave.
- Don't operate the microwave when it's empty.
- When cooking, cover the dish with wax paper, a paper towel or lid to prevent splatters.
- Heat food in containers like glass and microwave-safe ceramic dishes.
- Metal and foil should not be used in the microwave.
- Stir food part-way through the cooking process to distribute heat evenly.
- Don't put disposable take-out containers in the microwave.
- Clean up spills as they occur.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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