



Plastics in the Microwave

Consumers can be sure as they heat meals or leftovers in the microwave that the Food and Drug Administration (FDA) carefully reviews the materials used to make plastics designed for food use.

If you don't find instructions for microwave use, you should use a different plate or container that you know is microwave-safe. Such containers are made to withstand high temperatures.

For example, don't put Styrofoam, margarine tubs, plastic storage bags, grocery bags or carryout containers in the microwave. As the food gets hot, the container could melt into the food or warp, causing spills and burns. Don't reuse disposable frozen dinner dishes either—they are meant for one-time use and can't withstand reheating.

Plastic wrap that says it is microwave-safe should be placed loosely over food so that steam can escape and should not directly touch your food. Always read directions, but generally, microwave-safe plastic wraps,



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wax paper, cooking bags, parchment paper and white microwave-safe paper towels are safe to use. For more information, see: http://www.fda.gov/fdac/features/2002/602_plastic.html

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

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