

Public Advisory Note 11 Microwave Ovens

The inadequate cooking or reheating of foods may result in food poisoning if bacteria is present in the food are not killed off by sufficient cooking

- Cooked food should be piping hot before service
- The increased use of microwave ovens to heat ready made chill foods may play some part in the increase in food poisoning
- When using the microwave oven ensure you follow the guidelines listed below
 1. Buy from clean hygienic shops
 2. Transport the food as quickly as possible. Preferably transport chilled food in a cool bag and ensure you put chill food and frozen food into the fridge/freezer immediately
 3. Crockery with metallic decoration, foil or flimsy plastic are not suitable containers for use within the microwave
 4. Follow the manufacturers instructions when reheating ready made meals. Check it is heated to piping hot. It may be useful to check the food temperature with a thermometer it should be at least 75°C
 5. Stir or turn food to prevent cold spots half way through cooking and observe standing times recommended by the manufacturer
 6. The lack of cleanliness, damage to door seals, cracked door seals, worn hinges and damaged interlocks can lead to microwave radiation leakage. Regularly maintain your microwave and have it checked by a competent person, as recommended by the manufacturer. This is particularly important if your microwave is more than five years old
 7. Never operate the oven empty and always remove the plug from the socket after use
 8. Reheating of left over foods cooked in the microwave is not recommended

**For further Advice/Information contact
Salford City Council
Environment Directorate, Turnpike House
631 Eccles New Road, Salford M5 2SH
Telephone: 0161 737 0551
Email: environment@salford.gov.uk**