

Home Food Safety **MYTHBUSTERS**

September is National Food Safety Education Month!

MYTH: The stand time recommended for microwaveable foods is optional, it's just so you don't burn yourself.

FACT: Stand time is not about cooling the microwaved food, but rather is an important part of the cooking process. Stand times are usually just a few minutes and the time is necessary to bring the food to a safe internal temperature as measured with a food thermometer. To ensure safety with microwave cooking, always read and follow package instructions, know your microwave's wattage, and use a food thermometer to ensure food has reached a safe internal temperature.

fightbac.org

Week's Highlight Message:

COOK -- Cook to proper temperature as measured with a food thermometer.

Even for experienced cooks, the improper heating and preparation of food means bacteria can survive.

RUTGERS
New Jersey Agricultural
Experiment Station

