

SAFE AND SANITARY MICROWAVE OVEN AND THERMOMETER USE

FOOD



Place food to be heated in a **microwave safe dish** and lightly cover it to avoid splattering during heating



Heat food to appropriate temperatures following Safe Food Handling guidelines:

≥ **165 ° F for 15 seconds** will ensure pathogenic bacteria is killed in all foods, including leftovers



Stir food items during microwave heating to ensure even heat distribution



Use a **clean thermometer** when checking for safe temperatures prior to service; if heating more than one food, clean thermometer in between different foods

HOW TO SANITIZE THERMOMETERS:

- 1) Wash and rinse the probe
- 2) Fold a single-use alcohol swab around the probe
- 3) Thoroughly wipe the probe
- 4) Let air dry

BEVERAGES/LIQUIDS



Do not reheat beverages/liquids at a power level higher than 8



Do not reheat for longer than 45 seconds; if resident states the temperature is not warm enough, continue to microwave in 30 second intervals until it has reached the desired warmth



Do not leave cognitively impaired or physically disabled residents alone with reheated beverages/liquids