



- ▶ Defrost foods completely before cooking.
- ▶ Stir the food occasionally to avoid having “cold spots”.
- ▶ Cut food into small portions and evenly arrange it to minimize overlapping. If possible, remove meat from bones.
- ▶ Use a microwave-safe cover or microwave-safe plastic wrap to cover the food.
- ▶ Follow all cooking instructions in a recipe or instructions on food packages.
- ▶ Use a digital food thermometer to check the thickest part of each piece of meat. Wash your digital food thermometer with warm, soapy water after each temperature reading.
- ▶ Never cook whole poultry, including turkey, in the microwave.



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