

# 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.

[befoodsafes.org](http://befoodsafes.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.

be food safe.



**cook**

cook to safe temperature