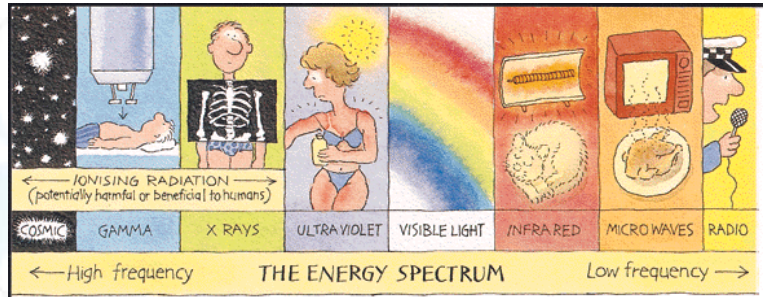


Microwave Safety for Earth Week and Every Week

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MICROWAVE BASICS

- With the conventional method of heating water, the container (a metal teapot, for example) absorbs the stove's heat, and then transfers it to the water it contains.
- A microwave heats the water first, which then transfers its heat to the container.
- Most of our foods and beverages have a very high water content. Water's boiling point is 212°F
- Food with a high sugar or fat content (or both) can raise the boiling temp to over 212°F.
- Styrofoam containers (carryouts) are made from polystyrene- DO NOT MICROWAVE!
- Microwave safe styrofoam is made from cross linked polystyrene. Do not over heat!
- Microwave meal containers are made from cross linked polystyrene or polypropylene (PP) & are meant to be used ONLY ONE TIME IN A MICROWAVE!!!!!!
- Look for the recycling code #5 (PP) on the bottom of the container in question for the safest plastic to use in a microwave.
- The best containers to use in microwave are glass (lead free), stoneware & ceramic. These can be found in department stores as well as discount stores such as Wal-mart, Target, Roses & Dollar General
- DO LOOK for the safety message on the bottom of the container. It will state: "DO Not MICROWAVE", or "DISHWASHER SAFE", or "MICROWAVE SAFE", or list the recycling code
- DO NOT use aluminum foil or other metals in a microwave
- DO NOT microwave plastic store shopping bags
- DO NOT microwave any container made with melamine. Remember the melamine in baby's formula scandal that ruined thousands of Chinese baby's kidneys? Melamine is in all those Disney character & \$1 character kids plates, cups, bowls and many \$1 plates found in dollar stores. DO NOT poison our children! Look on the bottom and choose better.

Visit www.thetakebacktour/Brochures/TBT safe plastics guide for more information

And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. Genesis 1:26

TAKE CARE OF THE EARTH Word Search. It is the only place to live until heaven.

A D U P R E A R T H L F O H H E
 N S P O L Y S T Y R E N E E X N
 K T X P J U N R E U E N R V O E
 K U L P L E X E U Y O Y N O E L
 W F C L U H P C U T Y V S L G Y
 P C U H A G F Y P B V G S G C P
 F O M A E N N C H E H L A R G O
 D D K I C A O L O T T C L D P R
 O E T O C Z T I R O V J G P C P
 G C D R G R R N T T M A J L I Y
 U Y I E E K O G N N K E E Y T L
 E T F M O T T W E N E W T A S O
 N E T H A N A D A N X V D A A P
 G F N I J R T W O V P H N I L E
 Z A A K A S E D C O E W S O P E
 P S D W N Z Y C P J F Z R Q C Y

- | | |
|--------------|---------------|
| CERAMIC | METAL |
| CODE | MICROWAVE |
| CONVENTIONAL | PLASTIC |
| EARTH | POLYPROPYLENE |
| FOOD | POLYSTYRENE |
| GLASS | RECYCLING |
| GOD | SAFETY |
| HEAT | WATER |
| LOVE | |

SUMMARY:

Material	Regular oven	Microwave oven
Polystyrene foam plates	NO	NO
Microwave safe foam plates	No	YES, for less than 4 minutes only
Microwave frozen meal containers	NO	YES. One time only!
Glass (lead free)	YES	YES
Metal pots and pans	YES	NO
Stoneware plates/bakeware	YES	YES
Ceramic bakeware	YES	YES
Melamine	NO	NO