Microwave

Make sure containers are labeled as “microwave safe.”

Remove food from one-time use containers before heating. Plastic, aluminum foil/metal, and foam are not heat stable. High temperatures may release hazardous chemicals from these materials into food.

Stir food midway through heating to eliminate cold spots where bacteria can form.

Cover food with a lid or piece of paper towel, wax paper, or parchment paper to ensure even heating and prevent splattering.

Dept. of Health Education, Tufts University
The Healthy College Cookbook, Food Safety and Inspection Service USDA website