

# MICROWAVE COOKING & REHEATING

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You must follow the rules below when using a microwave to heat foods!

## TEMPERATURE AND TIME...

- **165°F for cooking or reheating raw animal foods:** raw animal foods cooked or reheated in a microwave shall be heated to an internal temperature of 165°F for 15 seconds in all parts of the food.
- **135°F for packaged and processed food from processing plant and produce:** ready-to-eat food from a commercially processed, hermetically sealed, or intact package from a food processing plant, as well as vegetables and fruit, must be heated to an internal temperature of 135°F.
- **Reheat for hot holding rapidly:** reheating for hot holding must be done rapidly - 165°F for 15 seconds within two hours.

## DURING MICROWAVE PROCESS...

- **Rotate and stir:** Food must be rotated or stirred midway through cooking.
- **Cover food:** Food must be covered to retain surface moisture.

## AFTER MICROWAVING...

- **Let food stand for two minutes:** after cooking or reheating, food must be allowed to stand covered for two minutes.

## OTHER RULES...

- **Commercial grade microwaves:** microwave units **must** be commercial grade. No household units.
- **No steam table units:** DO NOT USE steam table units for reheating. Steam table units are for hot holding.
- **Cleanliness:** Inside and outside of microwave units must be maintained clean.



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