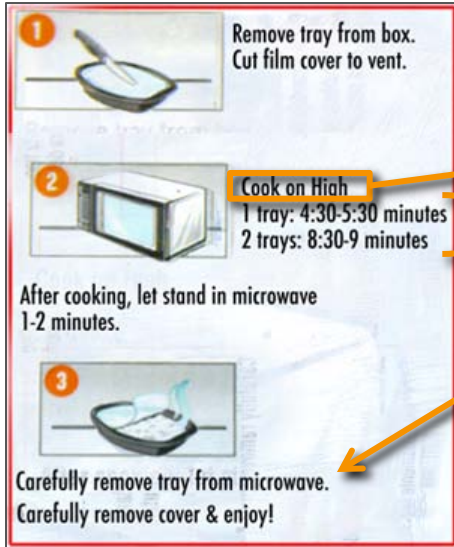


Reading Microwave Cooking Instructions:



Follow ALL package instructions, checking for:

Recommended **POWER LEVEL** setting

Recommended **COOK TIME**

Any **SAFE HANDLING** instructions

Not all microwaves are exactly the same. Make sure you know how to properly operate the microwave before you begin cooking.

Only place microwave-safe objects in the microwave. Plastic and Styrofoam will melt. Metal may damage the microwave.

See [the U.S. Food and Drug Administration's website about microwaves](#) for more information.

Learn more at www.GCFLearnFree.org.