

USE A THERMOMETER TO MAKE SURE FOOD IS SAFELY COOKED .



The U.S. Centers for Disease Control and Prevention says at least 165 people in 31 states have become ill with a strain of *Salmonella* linked to ConAgra's frozen Banquet pot pies. At least 30 people have been hospitalized. The pot pies allegedly contained the *Salmonella* and it appears that many of the ill microwaved their meals. This isn't the first outbreak of *Salmonella* linked to frozen, microwave ready foods – stuffed chicken and chicken nuggets/strips have been linked to these types of outbreaks in the past.

On Aug. 18, Amy Reinert's 19 month-old daughter Isabelle, became so violently ill from the *Salmonella* potentially associated with this product that she passed out and had a seizure, a 104-degree fever and nearly constant diarrhea.

Microwaves have different power levels called wattage. A microwave oven with higher wattage will cook faster than one with lower wattage. The directions on a food package are likely not designed for your microwave; use them as a guide and use a thermometer to ensure your dish has hit the right temperature.



COOKING FROM FROZEN IN A MICROWAVE CAN BE A PROBLEM

- Check that your dish has hit a safe temperature
- Use a tip sensitive digital thermometer
- Taking the temperature is the only way to know whether cooking has killed any bugs that might be in the raw product