

Can you  
microwave  
foil?  
Yes you can!

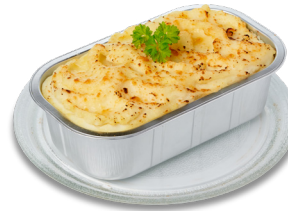
## Foil trays in the microwave: The right way to do it\*



\*Important: Not suitable for microwaves constructed before 1990



If there is an aluminium lid, it must be removed from the tray before use.



The meal should cover most of the floor of the tray.



Place the aluminium tray in the middle of the microwave turntable.

**Attention:** if your microwave is equipped with a metal turntable, please place a ceramic or glass plate beneath the tray



The aluminium tray must not come into contact with the walls of the microwave.

**Attention:** the minimum distance to walls is 2cm



Only **one** aluminium tray may be used in the microwave at a time.

\*This information is sourced from [alufoil.org](http://alufoil.org)