



live life well.



TIP OF THE WEEK

Cooking With Plastics Q & A

Question: Is it safe to freeze water in plastic bottles?

Answer: Yes, it is safe. "There are no dioxins* in plastics. In addition, freezing actually works against the release of chemicals. Chemicals do not diffuse as readily in cold temperatures..."

Question: Can plastic containers be used in the microwave?

Answer: Not recommended. "If you want to minimize exposure to chemicals from plastics as much as possible...use inert containers, such as heat-resistant glass, ceramics and stainless steel."

Question: Is it better to use a paper towel rather than plastic wrap in the microwave?

Answer: Yes. "If you cover your food with a paper towel, the FSIS recommends using a plain "white paper towel" that does not contain inks or dyes." Try to eliminate risk "...by applying a healthy portion of common sense before sitting down and enjoying a meal."

*Dioxins – are organic environmental pollutants

For more quotes by Rolf Halden, PhD, PE from Johns Hopkins Bloomberg School of Public Health please refer to:

http://www.jhsph.edu/publichealthnews/articles/halden_dioxins.html

http://www.jhsph.edu/publichealthnews/articles/halden_plastics.html