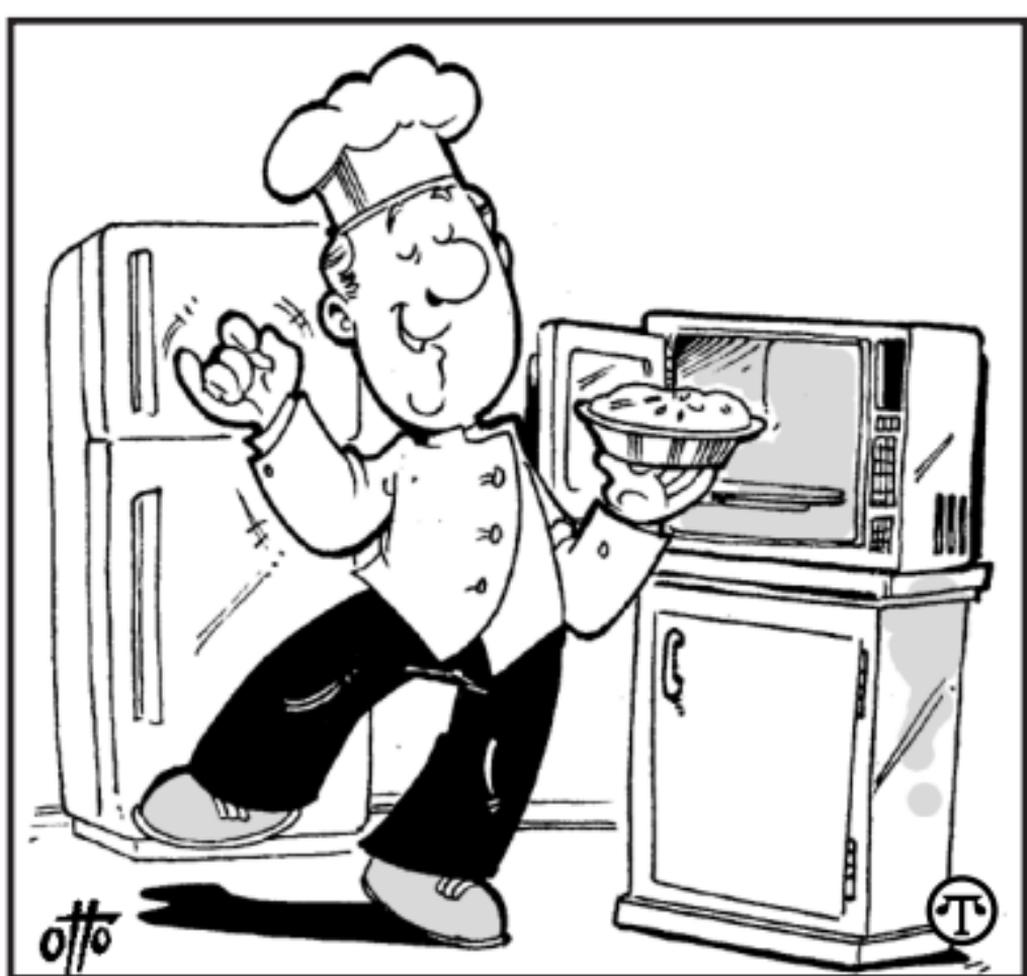


Time Saving Tips

Aluminum And Microwaves Get Together

(NAPSA)—Yes! It is true: Aluminum foil containers can be safely used in today's microwave ovens. In fact, when microwaving with aluminum, food is heated from the center out for more uniform heating or cooking.

Foil container microwaving instructions:



Chefs take their hats off to pies that can go from the freezer into the oven and then to the table in the same container.

- Remove all lids (cover with a paper towel).
- Heat one food container at a time.
- Center container in the oven, away from walls.
- Microwave only in ovens made after 1980.

Remember, cooking with aluminum foil containers saves time. Plus, aluminum foil containers are the perfect recyclable package. They can go from the freezer into the oven and then to the table—all in the same container!

For more information, visit the Aluminum Foil Container Manufacturers Association at www.afcma.org.