

The new microwave labels explained : a consumer guide to the new labelling system for ovens and foods / Tesco.

Contributors

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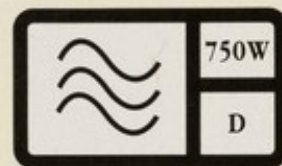
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TESCO

THE NEW
MICROWAVE
LABELS
EXPLAINED



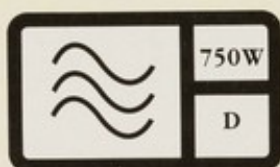
A consumer guide to
the new labelling
system for
ovens and foods



In March 1992, the Government launched a new system for labelling microwave ovens and microwaveable food products.

MICROWAVE OVEN LABELLING

If you buy a new oven, you will now see this label on the door:



This number tells you the **power output** of the oven in Watts. The higher the number, the more powerful your oven and the less time food will take to heat.

This letter tells you the **heating category** of the oven. Letters A, B, C, D or E may be shown. The higher the letter, the faster your oven will heat up small packs of food, i.e. a category 'D' oven takes less time than a category 'B' oven.

FOOD LABELLING



Soon, you will begin to see this symbol on food packs.

Guidelines for heating our foods will always be given in the following form:

TO MICROWAVE	COOK ON FULL POWER	STIR	COOK ON FULL POWER	STAND
650W or Category 'B'	3 mins	Remove cover, stir, re-cover	3 mins	1 min
750W or Category 'D'	2 mins	Remove cover, stir, re-cover	2 mins	1 min

If you know the heating category of your oven, you should use the category letter to determine heating time, as this will give the most accurate result.

N.B. A category 'B' oven will not necessarily be 650W power output and vice versa.

If you don't know the heating category of your oven, this is what to do:

STEP 1: Follow the on-pack guidelines and use the heating time which corresponds with your oven wattage. After heating, check that the food is piping hot before serving.

STEP 2: Find out the heating category of your oven. A MAFF Food Sense Booklet is available in-store entitled 'THE NEW MICROWAVE LABELS'. This lists all microwave ovens and gives their power output. The heating category is given for most of them.

STEP 3: If your oven is not listed, domestic test kits are available so that you can check the oven wattage and heating category yourself.

For further information, please contact:

CUSTOMER SERVICES, TESCO STORES LTD, PO BOX 18, DELAMARE ROAD, CHESHUNT, HERTS. EN8 9SL.

