

Step by Step Guide

Caution - HOT Food System – Please Handle with care

Easy Steps – Plates



Ensure the microwave is plugged in. Look to check that the pack is in date and that the seal and valve are intact, and that the valve and label are positioned as per picture.



Place one meal at a time in the microwave on a **cold*** Steamplivity white china plate. The blue plate must **NOT** go into the microwave.



Press the correct button according to the programme number on the label.



After cooking, leave for 30 seconds then temperature probe **every meal** in the main protein item. **If above 82°C record on temperature record sheet and go to Step 7.**



If the temperature is below 82°C, follow step 6. If multiple meals are <82°C, inform line manager as there may be an issue with the microwave.



Return meal to the microwave and press 0. Once finished, probe again to ensure temperature is above 82°C and record the temperature. If the meal has still not reached 82°C, dispose of the meal and replace with a new one.



Holding the lip, carefully peel the film lid back keeping fingers away from escaping steam. As you peel the film back, check that the blue valve is visible under label. If not ensure the valve is located before serving any meals to the patient.



When all the film is removed, remove the plate liner from packaging and place onto the plate.

For finger food, place the liner onto a blue Steamplivity plate.



If the dish has a **vegetable / rice pot**, pick up the pot with the lip and tip onto the plate.



Wipe the rim of the plate with a clean paper towel and cover the meal with a plate cover. Place onto the tray and serve immediately.

* A clean cold plate ensures that the meal does not overcook and burn as the cold plate absorbs the heat generated in the microwave.

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