

INSTRUCTIONS FOR SAFE USE IN A MICROWAVE OVEN

IMPORTANT: These instructions apply only to Black+Blum stainless steel containers that are explicitly marked by the manufacturer as "Microwave Safe" - the Meal Prep range.

Standard Stainless Steel Lunch Box and Stainless Steel Lunch Box Large models must not be placed in a microwave oven.

Products covered by these instructions

Product range	Capacities	Example SKUs
Meal Prep Box	600 / 900 / 1,200 ml	FBSS-BX-S017-EN FBSS-BX-M017-EN FBSS-BX-L017-EN
Meal Prep Bowl	650 / 950 ml	FBSS-BL-S017-EN FBSS-BL-L017-EN
Meal Prep Square Box	1.1 / 1.4 l	FBSS-SQ-S017-EN FBSS-SQ-L017-EN

Note: For any other Black+Blum stainless steel container, use a microwave only if the specific product is explicitly marked as microwave safe.

Heating procedure

- 1 Inspect the product:** The container must not be severely dented or deeply scratched. Before first use, wash all parts with warm water and washing-up liquid.
- 2 Add food:** Never heat an empty container. Always heat only one container at a time in the microwave.
- 3 Set the lid correctly:** The lid may remain in place, but the lid vent / lock must be open so that steam can escape and pressure cannot build up.
- 4 Set the heating:** Use a microwave oven with a maximum output of 1,000 W. Heat for no more than 2 minutes in one cycle.
- 5 Stir and repeat:** Stir the contents after every 2 minutes. Continue with another cycle if required, again for no more than 2 minutes.
- 6 Remove safely:** The container may be very hot. Use an oven mitt or a towel and take care when steam escapes.

Safety warnings

DO NOT USE IN A MICROWAVE OVEN IF:

- it is a Stainless Steel Lunch Box or Stainless Steel Lunch Box Large model;
- the product is not marked by the manufacturer as "Microwave Safe";
- the container is significantly dented or deeply scratched;
- the microwave oven is an older type operating at 915 MHz;
- you intend to use a combined microwave and conventional oven / grill mode.

Do not do the following during heating

- Place cutlery, aluminium foil or other metal objects inside the container or microwave oven.
- Allow the container to touch a metal rack, metal plate or the walls of the microwave oven.
- Heat more than one container at the same time.
- Heat without food or exceed 2 minutes in a single cycle.
- Exceed a microwave output of 1,000 W.
- Prepare foods that reach extremely high temperatures, such as popcorn or sugar on its own.

Foods with a higher risk of staining

Very fatty or acidic foods, such as tomato soup, may cause staining or marks on the lid. **Stir acidic foods frequently, minimise splashing onto the lid and observe the two-minute intervals.**

Other use and care

Dishwasher	Yes. Place the lid in the top rack. Follow the instructions for the specific product.
Freezer	Yes. Do not overfill the container, especially when freezing liquids, as they expand.
Conventional oven	Stainless steel base only. The lid must not be placed in the oven.
Cleaning	Do not use bleach, chlorine-based products, abrasive cleaners or scouring pads.

Always check the microwave oven instructions before use. If the appliance manufacturer prohibits the use of metal containers, follow the appliance instructions and transfer the food to a suitable container.

Sources

Official Black+Blum manufacturer guidance: [Meal Prep Box Set X3](#); [Meal Prep Bowl](#); [Meal Prep Square Box](#); [Stainless Steel Lunch Box](#).

This English guide has been prepared as a summary of the manufacturer's safety instructions. If there is any discrepancy, the original instructions supplied with the specific product take precedence.