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## Email Hoax Regarding Freezing Water Bottles and Microwave Cooking

The Internet is flooded with messages warning against freezing water in plastic bottles or cooking with plastics in the microwave oven. These messages, frequently titled "Johns Hopkins Cancer News" or "Johns Hopkins Cancer Update," are falsely attributed to Johns Hopkins and we do not endorse their content.

Freezing water does not cause the release of chemicals from plastic bottles.

In general, it is best to follow the manufacturer's recommendations when using any plastic products. When cooking with plastics, only use those plastic containers, wraps, bags and utensils for their intended purposes.

The U.S. Department of Agriculture Food Safety Inspection Service (FSIS) has some [helpful guidelines](#) for cooking with plastics in microwave ovens.

[Johns Hopkins Sidney Kimmel Comprehensive Cancer Center responds to questions about cancer-related hoax emails](#)

[Additional information about chemicals and water bottles](#)

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