

WestRock  
**MicroCook™**  
**Serve up a sustainable alternative  
to microwavable plastic.**

WestRock MicroCook™ delivers the protection of plastic packaging combined with the sustainability advantages of a paper solution. Choosing MicroCook reduces plastic usage up to 92% compared with all-plastic formats, significantly decreasing environmental impact. Conveniently take packages from the shelf, to microwave, to table while maintaining rigidity and strength. MicroCook's high-density polyethylene coating (HDPE) enables excellent thermal stability, while its smooth surface and excellent ink adhesion provide standout printability, no matter what's on the menu.

**Packaging Uses**

Food Packaging  
(Grocery, Deli)

Reconstituted  
Food Applications  
(Oatmeal, rice, pasta,  
macaroni and cheese,  
soup, and instant noodles)

**Product  
Classification**

Solid Bleached Sulfate

SBS Paperboard

GZ

**What You Can Expect from Us**

- Sustainability** Upholds corporate sustainability goals and provides a more sustainable alternative to microwavable plastic.
- Thermal Stability** High heat resistance provides excellent cup rigidity and a cup that is easier to handle.
- Convenience** Provides a durable, individual-use package for taking foods from the shelf, to microwave, to table in a single, easy-to-use container.
- Printability** A smooth surface and outstanding ink adhesion deliver exceptional print performance and a finished package with greater shelf appeal.
- Runnability** Excellent uniformity and lower sealing temperatures mean improved cup consistency at higher speeds on cup formers.

**Additional Product Information**

- Sustainability** All WestRock North American paperboard mills are certified to the SFI®, PEFC™, FSC™ Chain of Custody Standards. Contact your WestRock sales representative for certified fiber availability for this product.
- Food Contact** Meets multiple national requirements for food contact packaging, e.g., US and Canada. Contact your sales representative for information on specific markets and end uses.
- Quality** Produced at an ISO 9001 certified facility.
- Environmental and Safety** Notices under US California Proposition 65 and the EU REACH regulation are not required.  
Elemental chlorine free (ECF) bleached fiber.  
Meets heavy metal limits of the US Model Toxics in Packaging rules and Article 11 of EU Directive 94/62/EC.

## Grade Availability & Typical Properties

## MicroCook CC (clay-coated)

Grade Availability by Caliper		Sidewall - P2S only			Bottom Stock*	Units	Method
Caliper (pts)	U.S.	0.015	0.016	0.018	0.0124	inches	T-411
Thickness	Metric	381	406	457	315	microns	T-411
Nominal Basis Weight	U.S.	172	182	199	143	#/3MSF	T-410
	Metric	280	296	324	233	GSM	T-410
Moisture		5.5	5.6	5.6	6.5	percent	T-412
GE Brightness		86	86	86	84	percent	T-452
Parker Print		1.1	1.1	1.1	N/A	µm	T-555
<b>Stiffness</b>							
Taber 15° (U.S.)	MD	150	170	220	76	gf-cm	T-489
	CD	85	95	120	37	gf-cm	T-489
Taber 15° (Metric)	MD	14.7	16.7	21.6	7.5	mNm	T-489
	CD	8.3	9.3	11.8	3.6	mNm	T-489
<b>Color</b>							
Hunter	L	93	93	93	93.5	L-a-b	T-524
	a	-0.8	-0.8	-0.8	-0.3	L-a-b	T-524
	b	1.5	1.5	1.5	3.3	L-a-b	T-524

Values are for basestock only. For nominal basis weight, add 10.8 lbs/3000 sq ft per .75 mil polymer  
\*Non-clay coated

## Grade Availability & Typical Properties

## MicroCook NCC (non-clay-coated)

Grade Availability by Caliper		Sidewall - P2S only			Bottom Stock	Units	Method
Caliper (pts)	U.S.	0.0165	0.018	0.018	0.0124	inches	T-411
Thickness	Metric	419	457	457	315	microns	T-411
Nominal Basis Weight	U.S.	175	185	185	143	#/3MSF	T-410
	Metric	285	301	301	233	GSM	T-410
Moisture		6.7	6.5	6.5	6.5	percent	T-412
GE Brightness		84	84	84	84	percent	T-452
Sheffield	Wire	260	280	280	280	mL/min	T-538
	Felt	225	190	190	300	mL/min	T-538
<b>Stiffness</b>							
Taber 15° (U.S.)	MD	171	217	217	76	gf-cm	T-489
	CD	76	106	106	37	gf-cm	T-489
Taber 15° (Metric)	MD	16.8	21.3	21.3	7.5	mNm	T-489
	CD	7.6	10.4	10.4	3.6	mNm	T-489
<b>Color</b>							
Hunter	L	93.5	93.5	93.5	93.5	L-a-b	T-524
	a	-0.3	-0.3	-0.3	-0.3	L-a-b	T-524
	b	3.3	3.3	3.3	3.3	L-a-b	T-524

Values are for basestock only. For nominal basis weight, add 17.6 gsm per .75 mil polymer.  
Values are subject to change without notice.

This product is not intended for use in conventional and/or speed ovens.  
For more information, please contact your WestRock representative or visit [westrock.com](http://westrock.com).

The information contained in this Product Guide is accurate to the best of WestRock's knowledge and belief. It is intended, however, only as an introduction to the typical properties of the product. WestRock disclaims any guarantee or warranty with respect to the accuracy of this information or, based on this document, with respect to the suitability of the product for any particular use, including, but not limited to, the compliance of the product with laws, regulations, or standards. This information is subject to change without notice.

Certificate Codes: SFI Certified Sourcing: NSF-SFI-CS-6S751, SFI CoC: NSF-SFICOC-6S751, PEFC: NSF-PEFCOC-6S751, FSC Company Code: FSC-C104002

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