

7 Tips to Safely Storing Leftovers

Leftovers make a quick and tasty meal or snack. But to keep you or your family safe, you need to store and reheat leftovers properly. Here are some important tips:

1



Observe the 2-hour rule. Throw out any perishable foods (foods that must be refrigerated or frozen) left at room temperature longer than 2 hours total. In hot weather, reduce this time.

2



To cool foods more quickly, use shallow containers (3 inches tall or less) when refrigerating or freezing foods.

3

Never taste leftovers that you wonder about their age or safety.

5

Keep your refrigerator at 40°F or below and your freezer at or below 0°F.



6

Never keep leftovers in the refrigerator for more than 3-4 days. Freeze leftovers that you don't eat within this time.

4



Label leftovers with the date you prepared them and food name.

Beets 05-02

Stir-Fry 05-19

7



Reheating leftovers. You can reheat leftovers in the microwave, on the stove top, or in the oven. Just make sure you reheat them to 165°F. Always use a food thermometer to check the internal temperature of your food.

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