

Safety Rules for Leftovers

1. Follow the USDA/FDA Two-Hour Rule. Never allow food to sit at temperatures between 40°F and 140°F for more than 2 hours.
2. Always cover leftovers to keep bacteria out. Wrap leftovers (like turkey burgers) with wax paper or plastic wrap. Then put into a storage container. Now I can take out what I need and leave the rest in the freezer.



3. Place leftovers (like salads and casseroles) in a storage container with a lid that seals.

4. Use a label and permanent marker to write the name of the food and date it was made. Place the label on the outside of the container.



5. Place containers in the fridge or freezer right away.
6. Leftovers can be kept in the fridge for 3 to 4 days or frozen for 3 to 4 months.
7. Remember to keep cold foods cold when using leftovers for a bag lunch.
8. Use a food thermometer to cook leftovers to a safe temperature (see page 12).