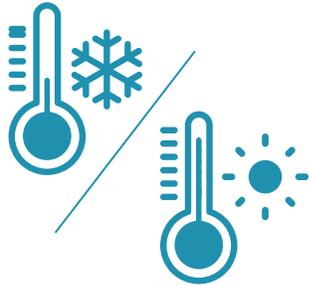


How to Store Leftovers



Keep foods out of the “danger zone”.

This is a temperature where harmful bacteria can grow. Harmful bacteria can make you very sick.

Keep cold foods cold. Store in the refrigerator.
Below 40 degrees F

Keep hot foods hot when serving.
Above 140 degrees F



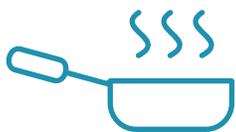
Store foods in clean, food-grade containers.

Cool leftovers in the fridge in a container less than 3 inches deep.

A standard 13 x 9 pan works well for cooling. Once cooled, you can repackage in clean containers and refrigerate or freeze.

Make sure you reheat foods well.

To 165 degrees F



On stovetop: soups, sauces and gravies should reach a rolling boil.



In microwave: cover and rotate foods for even heating.

References:

“Storage Times for the Refrigerator and Freezer” [Foodsafety.gov](https://www.foodsafety.gov/keep/charts/storagetimes.html)
<https://www.foodsafety.gov/keep/charts/storagetimes.html>
Retrieved 9/8/2017

“Handling Leftovers Safely” [Michigan State Extension](http://msue.anr.msu.edu/uploads/resources/pdfs/Handling_Leftovers_Safely_(E3260).pdf)
[http://msue.anr.msu.edu/uploads/resources/pdfs/Handling_Leftovers_Safely_\(E3260\).pdf](http://msue.anr.msu.edu/uploads/resources/pdfs/Handling_Leftovers_Safely_(E3260).pdf), Retrieved 9/8/2017



After a meal, put leftovers in the refrigerator as quickly as possible.

Foods should be refrigerated within two hours.

Eat leftovers promptly.

Storage times for the fridge

Below 40 degrees F

	Raw meats like hamburger and chicken	1-2 days
	Soups, stews, cooked meats, salads, pizza and other leftovers	3-4 days
	lunch meat (opened packages)	3-5 days
	Bacon and hot dogs (opened packages)	1 week

For best guidance, look at food package dates. Unopened items that are kept cold should be good at least until the date marked on the package. Opened items may spoil more quickly and should be used promptly.

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program– SNAP and Expanded Food and Nutrition Education Program - EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply.

An AA/EEO employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX and the Americans with Disabilities Act (ADA) requirements.



FOOD WISE
Healthy choices, healthy lives.

UW-MADISON EXTENSION