SAFE FOOD STORAGE

HOW TO SAFELY STORE & REHEAT LEFTOVERS

STAY OUT OF THE DANGER ZONE

Bacteria will survive at 41-140F. Promptly place your leftovers in a clean storage container and place in the fridge/freezer within 2 hours of eating!

SAFE STORAGE

Leftovers can stay in the fridge for 3-4 days. Place items in the freezer if you plan to store for longer than 4 days. Frozen foods are good for up to 4 months.

REHEATING

Thaw frozen foods in the fridge overnight or run under running cold water until thawed. Cook promptly. Reheat all leftovers to 165F.

INVEST IN A THERMOMETER

Food thermometers are available at most grocery stores and inexpensive. Purchase one to ensure your food is always at a safe temperature.
SAFE FOOD STORAGE

SAFE COOKING TEMPERATURES

165°F
- Poultry
- Leftovers
- Casseroles

160°F
- Eggs
- Ground Meats

145°F
- Fish
- Ham
- Beef, Veal
- Lamb

DANGER ZONE
Food can safely stay in this range for up to 2 hours

Safe Storage
Always store cooked foods at or below 40°F