

FOOD SAFETY AND LEFTOVERS



Fuel Your Family

Storing Leftovers

- Wash hands with soap and warm water for at least 20 seconds
- Store leftovers in clean and shallow containers (3 inches or less in depth)
- Put leftover foods in the fridge immediately!
 - Don't allow leftovers to sit in the Temperature Danger Zone (40°F to 140 °F) for more than 2 hours or more than 1 hour if it's over 90°F



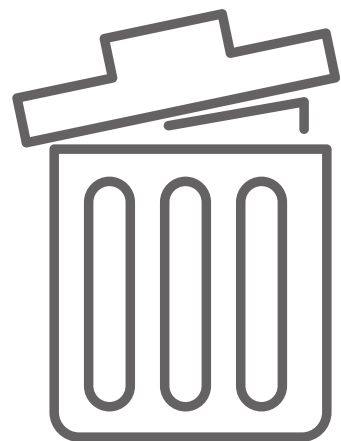
Reheating Leftovers

- Reheat leftovers on the stove, in the oven, or in the microwave
- Reheat leftovers to an internal temperature of at least 165°F degrees

When Should You Toss Leftovers?

Leftovers placed in the fridge should be tossed after 4 days

When in doubt, **THROW IT OUT!**



Ideas for Leftovers



- Use leftover rice for fried-rice or rice bowls
- Use leftover meat in flavorful foods, such as chili, tacos, salads, and stir-fries
- Freeze leftover fruits and use in smoothies
- Freeze leftover veggies, such as onions and bell peppers, and add to other dishes

Have Fun & Be Creative!

Sources: https://www.canr.msu.edu/news/food_safety_tips_for_storing_and_using_leftover_food
[Makeover Your Leftovers \(University of Nebraska Extension\)](#)

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