

Leftover Safety



Academy of Nutrition and Dietetics

Saving leftovers to eat later is a great way to avoid overeating while also saving money. Before you reheat and eat, follow these simple steps to reduce your risk of food poisoning.



✓ Refrigerate

Refrigerate leftovers to 40 degrees Fahrenheit or below within two hours. If it's over 90 degrees outside, refrigerate within one hour.

✓ Storage

Seal leftovers in a clean, airtight container, and refrigerate at 40 degrees Fahrenheit or below. Large amounts of stew/soup should be stored in shallow, smaller containers to cool faster.

✓ Time to toss?

Check on the shelf life of leftovers and remember to label leftovers with the expiration date. And remember, when in doubt, throw it out!

✓ Reheat

To reduce the risk of food poisoning, it's important to reheat leftovers to 165 degrees Fahrenheit. Next time you reheat any type of food, use a food thermometer to make sure food reaches the safe minimum internal temperature before you eat.

Reduce your risk of food poisoning with four simple steps



Wash



Separate



Cook



Refrigerate



"Is My Food Safe?" App is Here!

Learn more about leftover safety and other tips to reduce your risk of food poisoning with the free "Is My Food Safe?" app, now available for Apple devices and Android phones. Learn more at www.HomeFoodSafety.org/app.

