Do your leftovers add up to a safe meal?

Miscalculating this information can be a formula for foodborne illness! Before you reheat and eat, refer to the Refrigerator Calculator to make sure your leftovers add up to a safe meal.

**REFRIGERATOR CALCULATOR**

**MEATS**
- Cooked ground beef/turkey = 3-4 days
- Deli meat = 3-5 days
- Cooked pork = 3-4 days
- Cooked poultry = 3-4 days
- Cooked beef, bison, lamb = 3-4 days

**SEAFOOD**
- Raw (e.g. sushi or sashimi) = 3-4 days
- Cooked = 3-4 days

**OTHER ENTREES**
- Pizza = 3-4 days
- Pasta = 3-5 days
- Casserole = 3-4 days
- Rice = 3-4 days

**SIDE DISHES**
- Pasta or potato salad = 3-5 days
- Deviled egg = 3-4 days
- Potato (any style) = 3-4 days
- Cooked vegetables = 3-4 days
- Hard-boiled egg = 7 days

**SOUPS AND CHILI**
- Chili = 3-4 days
- Soup/Stew = 3-4 days

**DESSERT**
- Cream Pie = 1-2 days
- Fruit Pie = 2-3 days
- Pastries = 5-10 days
- Cake = 3-7 days

**A simple equation for Home Food Safety always includes these four constants:**
- Wash hands often
- Keep raw meats and ready-to-eat foods separate
- Cook to proper internal temperature (leftovers) = 165°F
- Refrigerate foods promptly below 40°F

**WHEN IN DOUBT, THROW IT OUT!**