FOOD SAFETY AND LEFTOVERS

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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