



# Leftover Food Safety: 5 Simple Tips to Keep Your Meals Safe



Leftovers can be a lifesaver on busy days but keeping them safe to eat is just as important as enjoying their convenience. Here are five easy tips to make sure your leftovers stay fresh and safe:

## 1. Refrigerate Promptly

Don't let your food sit out too long! Refrigerate leftovers within two hours of cooking or being served to prevent harmful bacteria from growing.

## 2. Use Shallow Containers

Divide large portions into smaller, shallow containers. This helps food cool more quickly and evenly, reducing the risk of bacteria.

## 3. Top Shelf Storage

Keep leftovers on the top shelf of your refrigerator. This keeps them away from raw foods that could drip and cause cross-contamination.

## 4. Freeze for Later

Not planning to eat those leftovers within 3-4 days? Freeze them! This extends their shelf life and cuts down on food waste.

## 5. Reheat Thoroughly

When you're ready to enjoy your leftovers, heat them to 165°F (74°C) to ensure they're safe to eat. A food thermometer can help with this!

A little care goes a long way when it comes to food safety. Follow these tips, and you can enjoy your leftovers with peace of mind!

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