

USING LEFTOVERS SAFELY



When you have food left over from a meal, whether it's vegetable trimmings from homemade soup or portions of a rotisserie chicken not served, it's helpful to know how to safely serve leftovers.

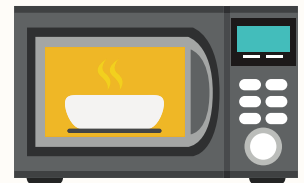
STORAGE OF LEFTOVERS

- Wrap tightly or seal in a storage container to retain moisture and keep bacteria out
- Immediately refrigerate or freeze (within 2 hours of cooking the food)
- Small, shallow containers cool leftover food quickest
- Food sitting out for 2 hours or more must be discarded
 - If the temperature is above 90°F, food must be discarded after 1 hour



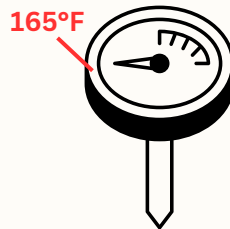
THAWING FROZEN LEFTOVERS

- Refrigerator thawing is safest but takes the longest
- Under cool, running water is quicker than refrigerator thawing but requires attention
- Microwave thawing is the fastest way to thaw leftovers
- Thawed leftovers must be cooked before any refreezing occurs



REHEATING LEFTOVERS

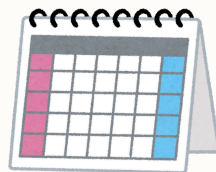
- Reheat to an internal temperature of 165°F
- If microwaving:
 - Cover and rotate food while it cooks
 - Use microwave-safe containers
 - Allow food to rest a minimum of 3 minutes before serving



**FOOD OR BEVERAGES
THAT ARE PLATED OR
SERVED MUST BE
DISCARDED AFTER
A MEAL OR SNACK.**

SERVING LEFTOVERS

- Serve within 3-4 days if refrigerated
- Serve within 3-4 months if frozen



COOKING WITH LEFTOVERS

- Cooked vegetables: use in an omelet, egg bake or as a homemade pizza topping
- Roasted meat: use in a sandwich/wrap, pita or quesadilla
- Meatballs: serve on a bun with marinara sauce for an Italian sub
- Rice: make fried rice or serve in lettuce wraps
- Noodles: make homemade soup
- Mashed Potatoes: mix with eggs and cheese then form patties for potato pancakes
- Fruit: wash, dry well and freeze for smoothies



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or (2) fax: (833) 256-1665 or (202) 690-7442; (3) or email: program.intake@usda.gov.