

FOOD SAFETY IN THE HOME

Storing leftovers

- » Once cooked food has stopped steaming, cover and put in the refrigerator within 2 hours.
- » Always keep food out of the temperature danger zone (5–60°C). Throw leftovers away which have been left out for over 4 hours.
- » Keep leftovers covered and away from uncooked meat, poultry and fish in the refrigerator.
- » Keep refrigerated leftovers for no more than 2–3 days and then either eat immediately or throw away.

Food safety timeline

What to do when food has been left out for:

0–2 hours

Once hot food has stopped steaming, cover and put in the fridge

2–4 hours

Use immediately

More than 4 hours

Throw away

Reheating leftovers

- » Wash your hands with warm soapy water.
- » Use a microwave, oven or stove top to reheat leftovers to steaming (above 60°C) in an appropriate heatproof container. Stir through leftovers to make sure it is reheated all the way through.
- » Do not reheat leftovers more than once. This is especially important for pasta and rice.

