



## HOW TO STORE LEFTOVERS

Hot foods need to be kept at 140°F or above and cold foods need to be kept at 40°F or below. When foods are not kept at the proper temperatures bacteria will begin to grow which could lead to a foodborne illness. Follow the rules listed below to prevent bacteria from growing.

- Hot foods need to reach 40°F within 2 hours of being removed from the heat source (stove, oven, microwave oven, etc.). Any perishable food, including cut produce, left at room temperature for more than 2 hours needs to be thrown in the garbage.
- Divide meat and poultry into small portions to refrigerate or freeze.
- Refrigerate or freeze gravy, potatoes, vegetables, and soups or stews in shallow containers.
- Remove stuffing from whole cooked poultry and refrigerate separately from the poultry.



### The Clock Is Ticking

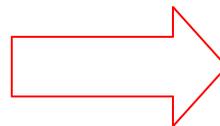
- Place all leftovers in clean, preferably air tight storage containers. Do not use the pot that the food was cooked in to store your leftovers in the refrigerator.



**Keep Your Hot Foods Hot And  
Your Cold Foods Cold!**

- Label leftovers with the name and date they were opened or prepared. It is easy to forget when an item was opened or used last.

Name \_\_\_\_\_  
Date \_\_\_\_\_



## TEST YOUR KNOWLEDGE

- Hot foods need to be kept at \_\_\_\_\_ or above?
  - 40°F
  - 60°F
  - 100°F
  - 140°F
- Cold foods need to be kept at \_\_\_\_\_ or below.
  - 40°F
  - 60°F
  - 100°F
  - 140°F
- Hot foods need to reach 40°F within 2 hours of being removed from the heat source.
  - True
  - False
- It is okay to use the pot that the food was cooked in to store your leftovers in the refrigerator.
  - True
  - False
- When labeling your leftovers you should include \_\_\_\_\_.
  - The name
  - The date
  - Both the name and the date

ANSWERS  
1. D  
2. A  
3. A  
4. B  
5. C

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