



Refrigerate Leftovers Safely

Refrigerate leftovers immediately! Do not allow them to cool first on the kitchen counter! Leftovers shouldn't be left at room temperature for more than two hours, including the time it takes for reheating, serving and eating.

For faster cooling, refrigerate cooked food in small portions in shallow containers. Large casseroles can take a long time to cool all the way to the center. Keep leftovers where you will see them in the refrigerator and then use them up within three or four days at the most.

Toss out leftovers if you can't remember when you stored them or if you're not sure if they are still safe to eat. Never trust the odor or the way it looks—it may look, smell and taste okay—even when it is no longer safe to eat. If in doubt, throw it out!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



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