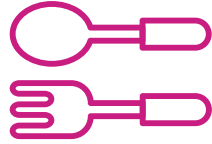




Cooking At Home Challenge




Guidelines for Safe Storage of Leftover Food



After Cooking

- Put any leftover cooked food into small tubs and allow to cool quickly (you can speed this by placing into a shallow bowl of cold water)
- Once cooled, cover the food with a lid, tin foil or cling film . It's a good idea to label the food and include a date.
- All leftover cooked food should then be put into the fridge or freezer as soon as possible, ideally within an hour.
- If stored in the fridge, eat within 2 days.
- If stored in the freezer, store for no more than 2 months .
- To defrost, ideally place in bottom shelf of fridge overnight.
- To reheat defrosted or leftover food, place it in a microwaveable dish and heat until piping (steaming) hot. Stir well to make sure there are no cold spots.
- To reheat on a cooker, place defrosted or leftover food in a pot and heat on a medium heat, stirring well until food is steaming hot all the way through.
- NEVER reheat any food more than once.

**Don't keep leftovers
for longer than
two days!**



Using leftovers is a good way to reduce the amount of food you waste and save money too, just make sure you do it safely.



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