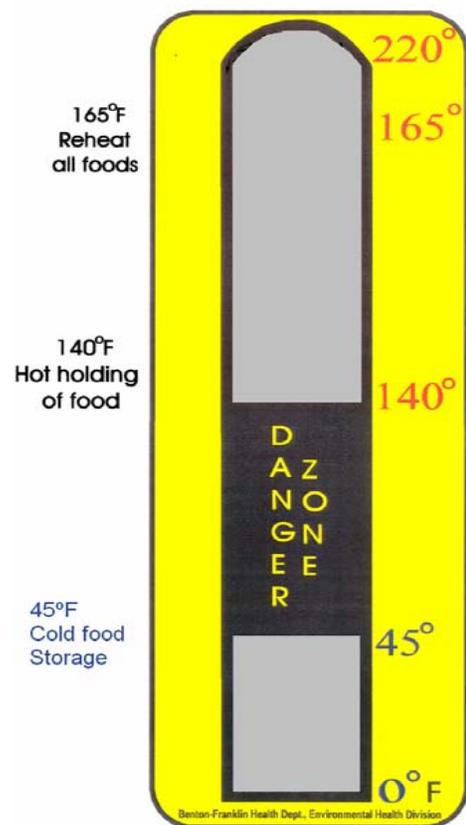


The major key to remember for food safety and leftovers is inhibiting bacterial growth.

Bacterial growth can be inhibited by handling food properly. **Keep hot foods hot and cold foods cold.**

Remember every time food goes through the danger zone, it increases the chance of a foodborne illness.



## For Leftover Food, Use the 2 hour Rule!

If food has been left out of temperature control for over 2 hours, throw it out. This includes takeout foods, and doggy bags.

Chill as soon as possible, do not allow leftovers to sit on the counter waiting for everyone to get through the meal. Instead begin the cooling process by adding ice or break into small portions and place into the refrigerator. This helps to speed up the cooling process, plus gets your leftovers throughout the danger zone as quickly as possible.

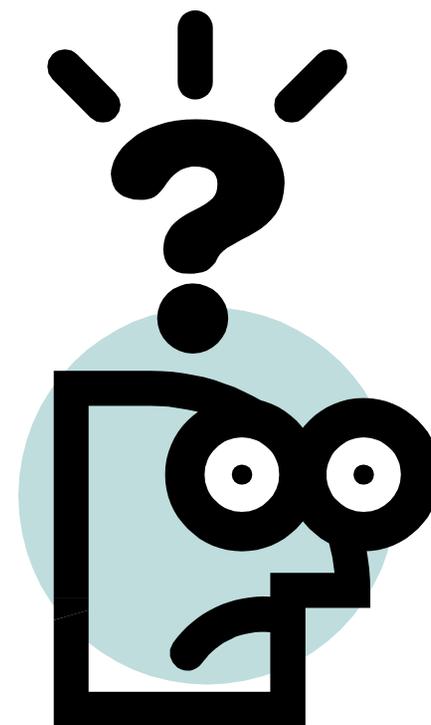
## REHEAT QUICKLY

Reheat food to temperature of at least 165°F as quickly as possible to eliminate bacterial growth. When reheating within a microwave cover the dish for even heating. Also rotate the dish or stir to distribute heat evenly.



# LEFTOVERS

facts about food safety series



[www.bfhd.wa.gov](http://www.bfhd.wa.gov)

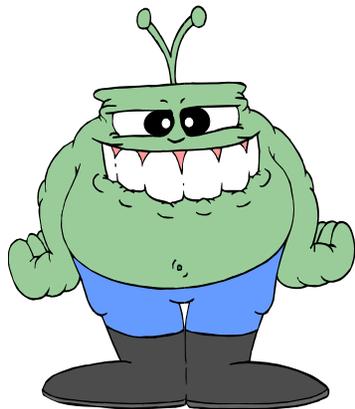


# What pathogens should I be worried about?

## Bacteria such as:

**Staphylococcus** can contaminate food from food handler's skin such as an infected cut, or contact with a hand that has touched the nose, face or eyes. Some toxins that staphylococcus produces are not destroyed with heat.

**C. perfringens** can contaminate food from soil or feces from a person. According to American Public Health Association, "almost all outbreaks are associated with inadequately heated or reheated meats..." Spores are able to survive normal cooking temperatures and able to multiply during temperature abuse.



## Cold Food Storage (Recommended by USDA)

Product	Refrigerator (40 °F)	Freezer (0 °F)
<b>Eggs</b>		
Fresh, in shell	3 to 5 weeks	Don't freeze
Hard cooked	1 week	Don't freeze well
<b>Deli prepared convenience foods</b> such as egg, chicken, ham, and macaroni salads	3-5 days	Don't freeze well
<b>Hot dogs and Lunch Meats</b>		
Hot dogs, opened package	1 week	1-2 months
Lunch meats, opened	3-5 days	1-2 months
<b>Deli sliced luncheon meats</b>	3-5 days	Don't freeze well
<b>Soups and Stews</b> Vegetable or meat added	3-4 days	2-3 months
<b>Ground Meat and Poultry</b>	1-2 days	3-4 months
<b>Bacon</b>	7 days	1 month
<b>Sausage</b>	1-2 days	1-2 months
<b>Ham</b>		
Ham, fully cooked--half	3-5 days	1-2 months
<b>Fresh Meat</b>		
Beef, steaks and roasts	3-5 days	6-12 months
Pork, chops and roasts	3-5 days	4-6 months
Lamb, chops and roasts	3-5 days	6-9 months
<b>Meat Leftovers</b>	3-4 days	2-3 months
<b>Fresh Poultry</b>		
Chicken or turkey, whole	1-2 days	1 year
Chicken or turkey pieces	1-2 days	9 months
<b>Poultry Leftovers</b>	3-4 days	4 months