

HOW LONG CAN I KEEP MY LEFTOVERS?

YOU HAVE **2**
HOURS
TO GET THEM INTO THE
FRIDGE



2

DAYS
TO EAT



THEY'LL
LAST FOR **2**
MONTHS
IN THE **FREEZER**



LOVE YOUR **LEFTOVERS**

HOW LONG CAN I KEEP MY LEFTOVERS?

YOU HAVE **2**
HOURS
TO GET THEM INTO THE
FRIDGE



2

DAYS
TO EAT



THEY'LL
LAST FOR **2**
MONTHS
IN THE **FREEZER**



LOVE YOUR **LEFTOVERS**



7 TIPS

TO MAKE THE MOST OF YOUR LEFTOVERS

- 1 Leftovers should be cooled before being put in the fridge, but make sure they go in the fridge within two hours of cooking.
- 2 Eat leftovers within two days - either eat straight from the fridge or heat until they are piping hot.
- 3 If you freeze leftovers they will last for at least two months. Label the container so you don't end up with a freezer full of UFOs (unidentified frozen objects).
- 4 Ensure they are covered or sealed in a container.
- 5 Don't reheat leftovers more than once.
- 6 If you have defrosted raw meat and cooked it, you can refreeze it.
- 7 If you can't eat your leftovers, share them with someone else!

For more information or recipe ideas visit
lovefoodhatewaste.co.nz

LOVE
FOOD
hate waste
NEW ZEALAND

EAT
FREEZE
SHARE



7 TIPS

TO MAKE THE MOST OF YOUR LEFTOVERS

- 1 Leftovers should be cooled before being put in the fridge, but make sure they go in the fridge within two hours of cooking.
- 2 Eat leftovers within two days - either eat straight from the fridge or heat until they are piping hot.
- 3 If you freeze leftovers they will last for at least two months. Label the container so you don't end up with a freezer full of UFOs (unidentified frozen objects).
- 4 Ensure they are covered or sealed in a container.
- 5 Don't reheat leftovers more than once.
- 6 If you have defrosted raw meat and cooked it, you can refreeze it.
- 7 If you can't eat your leftovers, share them with someone else!

For more information or recipe ideas visit
lovefoodhatewaste.co.nz

LOVE
FOOD
hate waste
NEW ZEALAND

EAT
FREEZE
SHARE