

# 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 LEFT  
OVERS

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## 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](http://lovefoodhatewaste.co.nz)

LOVE  
FOOD  
hate waste  
NEW ZEALAND

EAT  
FREEZE  
SHARE

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