HOW LONG CAN I KEEP MY LEFTOVERS?

YOU HAVE 2 HOURS TO GET THEM INTO THE FRIDGE

LOVE FOOD - LOVE YOUR LEFTOVERS

2 MONTHS IN THE FREEZER

2 DAYS TO EAT

LOVE FOOD - 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