Leftovers

Fridge within 2 hours

eat within 2 days

1. Cool food quickly. Spread it out in a shallow dish.
2. Cover it and put it in the fridge
3. Reheat until steaming hot all the way through
4. Reheat food only once
5. Rice: cool quickly, eat within 24 hours

Why? Germs grow fastest in warm food left out at room temperature.