More Helpful Hints on Food Safety

Love your Leftovers!

Please avoid illness by refrigerating all of your leftovers in containers with lids promptly.

Do not sniff your leftovers to tell if they are safe to eat. Leftovers are not safe to eat until they smell bad. The bacteria in foods that can cause illnesses do not taste, smell, or make a food look different.

Freeze or throw away all refrigerated leftovers within 3 days from cooking or dining out.

If you are ever unsure about whether or not your leftovers are safe, such as you forgot what day you ate the foods, it is best to simply throw out the food. Do not chance it!

Wash your fruits and veggies!

Be sure to wash all fruits and vegetables prior to eating. Just rinse the skins with tap water. Never use any cleansers. Some veggies and fruits with tough skins or rinds may need a light brushing before consumption.