

Love Your Leftovers

Eat well • waste less • make food last



COOL • COVER • DATE • CHILL • EAT OR FREEZE



STORE LEFTOVERS SAFELY

- 1 Cool cooked food quickly and put it in the fridge within one to two hours.
- 2 Divide a large amount into smaller, shallow containers so it cools faster.
- 3 Keep the fridge between 0°C and 5°C. Cover and date the food.
- 4 Eat refrigerated leftovers within 48 hours, or freeze them.
- 5 Reheat food only once and make sure it is steaming hot throughout.
- 6 Reheat only the amount you plan to eat. Follow the pack instructions.

Always follow the storage, cooking and allergen information on the packaging.



MAKE ANOTHER MEAL



MASH

Potato cakes, cottage-pie topping or bubble and squeak.



CHICKEN OR SAUSAGES

Wraps, soup, pasta, casserole or a jacket-potato filling.



COOKED VEGETABLES

Omelette, soup, curry, pasta sauce or savoury pie.



CHILLI, BOLOGNESE OR MINCE

Jacket potatoes, wraps, pasta or a pie topped with mash.



BREAD

Toast from frozen, breadcrumbs, croutons or pudding.



RICE NEEDS EXTRA CARE

Cool it quickly, refrigerate it and use it within 24 hours. Reheat once, until steaming hot with no cold spots.



MAKE IT GO FURTHER

Plan tomorrow's lunch while serving tonight's meal. Put the extra portion into a clean container before people return for seconds.