

Leftover Labels and Use-First List

Most cooked leftovers: refrigerate within 2 hours and use within 3 to 4 days at 40°F or below. Use a 1-hour room-temperature limit above 90°F.

Cut-out leftover labels

Food: _____

Prepared: _____

Use / freeze by: _____

Reheat to 165°F when applicable

When time or temperature is unknown, discard.

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Refrigerator Use-First List

Keep older safe items visible. A use-first list does not extend food-safety time limits.

Current refrigerator inventory

Food	Prepared / opened	Use by	Freeze?	Plan

Temperature record

Refrigerator temperature: _____

Freezer temperature: _____

Thermometer location: _____

Date checked: _____

Leftover Cooling and Reheating Check

Use shallow containers and divide large quantities. The refrigerator must remain at 40°F or below.

Cooling check

- ☐ Food refrigerated within 2 hours
- ☐ One-hour limit used because ambient temperature exceeded 90°F
- ☐ Large batch divided into shallow containers
- ☐ Container covered or sealed
- ☐ Preparation date recorded
- ☐ Food not left in a large deep pot to cool for hours

Reheating check

- ☐ Only the needed portion was reheated
- ☐ Leftovers reached 165°F where applicable
- ☐ Microwaved food was covered, stirred, rotated, and allowed to stand
- ☐ Several spots were checked for cold areas
- ☐ The original 3- to 4-day refrigerator window was not restarted

Food-safety decision

Food: _____

Preparation date/time: _____

Time placed in refrigerator: _____

Known temperature problem: _____

Decision and reason: _____

Never taste to test safety

Smell and appearance cannot prove that food is safe. When time or temperature is unknown, use the conservative discard decision.