

# Spice of Life

Nutrition Education Newsletter

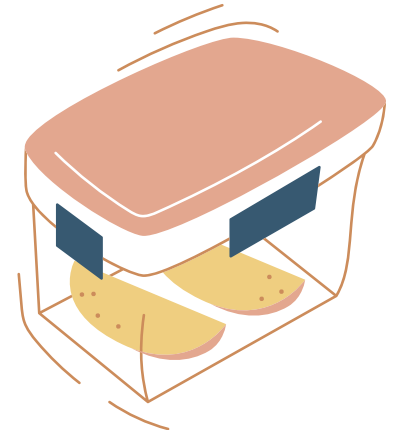


April 2021

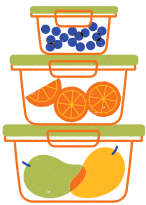
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## Leftover Safety

Leftover safety is important for all food stored at home, including home-delivered meals and food from restaurants. Moreover, cooking in batches, dividing it into smaller portions, and saving it for later is a great way to save money and eat healthier. Follow these tips for storing and reheating leftovers to reduce the risk of food poisoning.



1



### Storage

Store food in a clean airtight container. Store soups, stews or sauces in shallow, small containers.

2



### Refrigerate ASAP

Refrigerate in the coldest area of the refrigerator or freeze leftovers within 2 hours. Vent or open lids if foods are still hot.

3



### Time to Trash

Keep leftovers in the fridge for 3 to 4 days or freezer for 3 to 4 months. Label them with an expiration date and when in doubt, throw it out.

4



### Reheat

Reheat leftovers to 165 degrees or until steaming to reduce the risk of food poisoning.

## April is Stress Awareness Month

Stress is a normal part of human life but, it is important to manage it. Physical activity is a good way to manage stress. How do you manage your stress?

**Need help? Call 727-573-9444 to speak with your licensed dietitian nutritionist to help you with your wellness plan.**

Sources: Eatright.org  
<https://www.eatright.org/-/media/homefoodsafety/multimedia/downloads/leftover-safety-tip-sheet.pdf>