



Nutrition Information for Older Oconto County Adults

Food Safety– Leftovers

SERVING FOOD AND KEEPING LEFTOVERS

For safety and quality, keep hot foods hot and cold foods cold. Serve food as soon

after it is prepared, without allowing it to sit out for a long time. Wrap and refrigerate leftover foods soon after serving. Very hot food can cool for a short period of time.

It's a good idea not to leave foods out for more than one to two hours. Reheat leftover

foods for serving. It's not a good idea to let them sit out on the counter to reach room temperature before serving. Most leftover foods, if wrapped and refrigerated, are safe to eat two to three days after they are prepared.

Foods that need to be stored for a longer time should be wrapped and frozen in the freezer section of your refrigerator. Don't forget the label and date them.

IS IT FRESH?

Many products now have open dating, which provides information on freshness in several ways:

- * the pull-by or sell-by date tells you when the product should be sold or taken off the shelves by the grocery store.
- * best used by date is typically found on bakery goods and packaged cereals- it's the last day the product can be expected to be at its peak quality.
- * expiration or use by date, usually on refrigerated products, is the last date food should be used.
- * pack date is the date the food was processed or packaged and is usually found on foods like canned goods that have a long shelf life. Be sure not to buy any bulging or leaking cans. The food is unsafe.

* These dates tell you how long you can store and use the product. This will be helpful if you can't shop often.

TIDBITS

The cucumber is one of the oldest cultivated vegetables. It's been around since at least 7750 B.C. and originated in India and Burma. In Roman times Emperor Tiberius grew cucumbers in carts and had his slaves wheel them around to catch the sun. He ate them saturated in wine.

According to the people at Pickle Packers International, if all the pickles Americans eat in a year were placed end-to-end, they would make a ribbon of pickles 1,829,422 miles long which could wrap around the equator 73 times or reach to the moon and back about eight times.