



Store cooked food safely

Small portions cool faster than a large pot.



Use shallow containers

Divide leftovers into small portions.



Cool promptly

Do not leave a large pot on the bench to cool.



Into the fridge

Within 2 hours of cooking. Leave space for cold air.



Cover and date

Label the cooking date.
Keep food at 5°C or colder.



Eat within 2-3 days

Cooked rice: use within 1 day.
Follow stricter food advice.



Freeze extra portions

Freeze promptly if you will not use them in time.

Food left out too long may be unsafe even after reheating.