

Guide to Leftovers



Wondering if that deli meat you put in the refrigerator four days ago is still safe to eat? What about that leftover pasta from last week? Use the guide to leftovers below to help you decide if it's still safe or if it should be tossed out.

Leftovers	Keeps up to
Cooked fresh vegetables	3-4 days
Cooked pasta	3-5 days
Cooked rice	1 week
Deli counter meats	5 days
Ham (cooked and sliced)	3-4 days
Hot dogs (opened)	1 week
Lunch meats (prepackaged, opened)	3-5 days
Cooked beef, pork, poultry, fish and meat casseroles	3-4 days
Cooked patties, nuggets, gravy and broth	1-2 days
Seafood (cooked)	2 days
Stuffing	1-2 days

Source: USDA