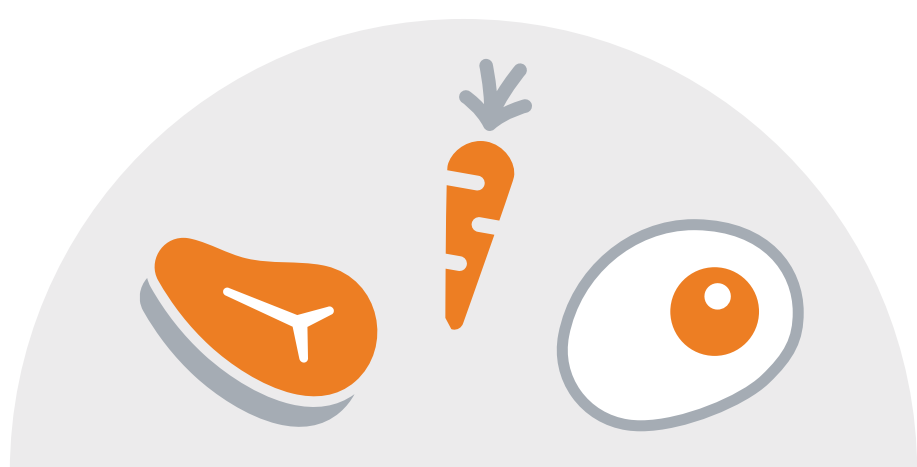


LEFTOVERS!

HOW LONG WILL THEY LAST?

DISHES: COOKED MEAT,
STEW, EGG, OR VEGGIE



Fridge 4°C (40°F)
3–4 days
Freezer -18°C (0°F)
2–3 months

COOKED POULTRY & FISH



Fridge 4°C (40°F)
3–4 days
Freezer -18°C (0°F)
4–6 months

MEAT BROTH & GRAVY



Fridge 4°C (40°F)
3–4 days
Freezer -18°C (0°F)
4–6 months

SOUPS



Fridge 4°C (40°F)
2–3 days
Freezer -18°C (0°F)
4 months



Health
Canada

Santé
Canada

Canada