

Leftovers

Kitchen

How long each food keeps, and how to cool it safely.

Refrigerated at 0–5°C, in a sealed container.

Food	Fridge	Freezer
Cooked meat	3–4 days	2–3 months
Cooked rice	1 day	1 month
Soups and stews	3–4 days	3 months
Cooked fish	2–3 days	2 months
Cooked vegetables	3–4 days	2 months
Hard-boiled eggs	1 week	Do not freeze
Opened tinned food	2 days, decanted	Varies

Cooked rice is the strictest: *Bacillus cereus* spores survive cooking and multiply at room temperature. Cool it fast and eat within a day.