

Give leftovers a plan.

A fridge reference for actual food, not wishful thinking.

0–5°C

Check with a fridge thermometer.

The numbered dial is a setting, not a temperature reading. Keep air circulating; don't pack shelves tightly.

<p>Above raw food</p> <p>Covered cooked food, leftovers and ready-to-eat foods. Follow product storage instructions.</p>
<p>Bottom shelf</p> <p>Raw meat and fish in covered, leakproof containers. Keep juices away from everything ready to eat.</p>

Cool it. Label it. Use it.

<p>General leftovers</p> <p>Split large batches into shallow portions. Cool and refrigerate within two hours. Eat within 48 hours or freeze promptly.</p>	<p>Cooked rice</p> <p>Cool quickly, ideally within one hour. Refrigerate and use within 24 hours. Don't leave it cooling in the pan.</p>
<p>Homemade garlic-in-oil</p> <p>Keep at 4°C / 40°F or below for no more than four days, or freeze. Commercial products: follow the label.</p>	<p>Reheating</p> <p>Reheat only once, until steaming hot throughout. Stir to eliminate cold spots. Reheating cannot fix unsafe storage.</p>

Smell cannot establish safety. Follow use-by dates and known storage history. Don't taste food to test it. Freezing does not rescue food already stored unsafely.

Savor · Cook in Color.
Home-kitchen guidance · Checked 21 October 2026

UK FSA baseline; garlic-in-oil advice from US NCHFP. Follow product labels and shorter food-specific limits. Correct storage matters; a date alone cannot establish safety.

Sources: FSA: rice · FSA: leftovers · FSA: chilling · NCHFP: garlic oil

Full guide & sources: getsavor.recipes/blog/food-safety-lessons-from-a-chef/