

A lid is not a label.

Eight cut-out labels. Write the date. Spare yourself the guessing.

Print on plain paper at 100% / actual size, cut out and attach securely to the outside of a container. Not sized for pre-cut adhesive label stock.

SAVOR	LEFTOVERS / KEEP CHILLED
Food: _____	
Cooked/opened date & time: _____	
Use or freeze by date & time: _____	
Frozen date / notes: _____	

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Choose the date from the food's own guidance. General cooked leftovers: 48 hours. Cooked rice: 24 hours. Homemade garlic-in-oil: no more than four days at 4°C or below. These limits assume proper preparation, prompt cooling and safe storage; they do not extend a product use-by date.

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/