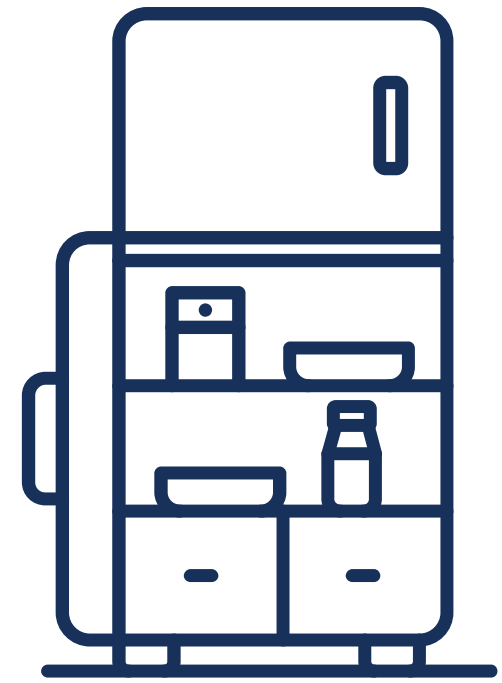
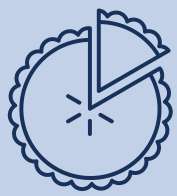
LEFTOVERS:

HOW LONG ARE THEY SAFE IN THE FRIDGE



Let's be honest—we've all got a collection of leftovers living in the fridge. That late-night pizza, yesterday's Chinese food, half a sandwich from lunch. But after a couple of days, you're never quite sure: Is this still safe to eat, or is it a food poisoning case waiting to happen?

Conway Medical Center created this guide using official recommendations from the USDA, CDC, and FDA to help you prevent food poisoning and an Emergency Department visit at 2 a.m.



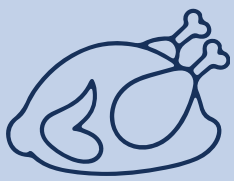
PUMPKIN PIE
3-4 days

POTATOES & YAMS
3-5 days

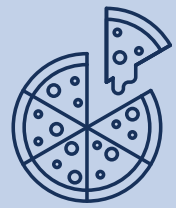
HAM & PORK
3-4 days

COOKED SHRIMP
2-3 days

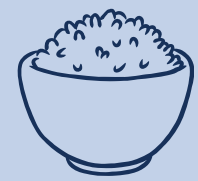
CHILI
3-4 days



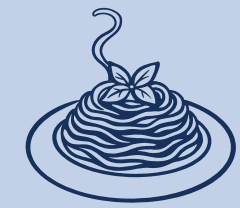
TURKEY
3-4 days



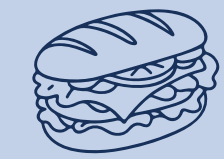
PIZZA
3-4 days



COOKED RICE
3-4 days



PASTA WITH SAUCE
3-4 days



DELI SANDWICH
1-2 days

SUSHI
1 day

GRAVY
1-2 days

COOKED BEEF
3-4 days

COOKED CHICKEN
3-4 days

COOKED FISH
2-3 days

COOKED CASSEROLE
3-5 days

SOUPS
5 days

SALAD DRESSED
1 day

CHINESE FOOD
3-4 days

BOILED EGGS
1 week

Two reasons to toss food before this timeline:

1. **Actual spoilage** — mold, funky smells, slimy textures
2. **Quality decline** — soggy, too much moisture, separated sauces, or just doesn't look appetizing anymore

CMC
CONWAY MEDICAL CENTER
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Rules that prevent ER visits:

- **The 2-hour rule:** Refrigerate leftovers within 2 hours of cooking (just 1 hour if temperature exceeds 90°F)
- **Temperature matters:** Keep fridge at 40°F or below
- **Storage technique:** Use shallow, airtight containers for faster cooling
- **Label everything:** Write the date on containers
- **Trust your senses:** If it looks, smells, or feels off, throw it out!

Remember: Regardless of how many days it's been, if something is off, don't eat it. No leftover is worth a trip to our Emergency Department; however, we're here 24/7 if you need us.