

Breakfast
Lunch
Catering
Delivery
Take Out
Eat in
Fresh
Bagels

Tower Deli & Diner



FREE Gift

2315 South University Drive
Davie, Florida 33324

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American Dietetic Association

Your link to nutrition and health.™

Not sure how long to keep leftovers in the fridge?

Miscalculating this information can be a formula for foodborne illness! Before you reheat and eat, refer to the Refrigerator Calculator to make sure your leftovers add up to a safe meal.

REFRIGERATOR CALCULATOR: DO YOUR LEFTOVERS ADD UP TO A SAFE MEAL?

MEATS

Cooked ground beef/turkey = 2-3 days
Deli meat = 2-3 days
Cooked pork = 3-4 days
Cooked poultry = 3-4 days
Cooked beef, bison, lamb = 3-4 days

SEAFOOD

Raw (e.g. sushi or sashimi) = Must consume on day of purchase
Cooked = 2 days

OTHER ENTREES

Pizza = 1-2 days
Pasta/rice = 1-2 days
Casserole = 3-4 days

SOUPS & CHILI

Chili with meat = 2-3 days
without meat = 3-4 days
Soup/Stew = 3-4 days

SIDE DISHES

Salad mixed greens = 1-2 days
Fresh vegetables = 1-2 days
Pasta or potato salad = 2-3 days
Deviled Egg = 2-3 days
Potato (any style) = 3-4 days
Cooked vegetables = 3-4 days
Hard-boiled egg = 7 days

A simple equation for Home Food Safety always includes these four constants:

- Wash hands often
- Keep raw meats and ready-to-eat foods separate
- Cook to proper internal temperature (leftovers = 165° F)
- Refrigerate foods promptly below 40° F

DESSERT

Cream pie = 3-4 days
Fruit pie = 3-4 days
Pastries = 7 days
Cake = 7 days
Cheesecake = 7 days

**WHEN IN DOUBT,
THROW IT OUT!**

www.homefoodsafety.org

Home Food Safety... It's in Your Hands®