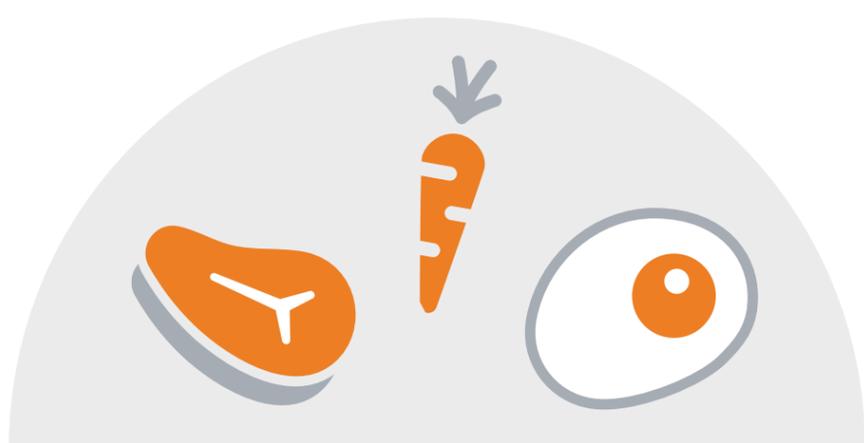


# LEFTOVERS!

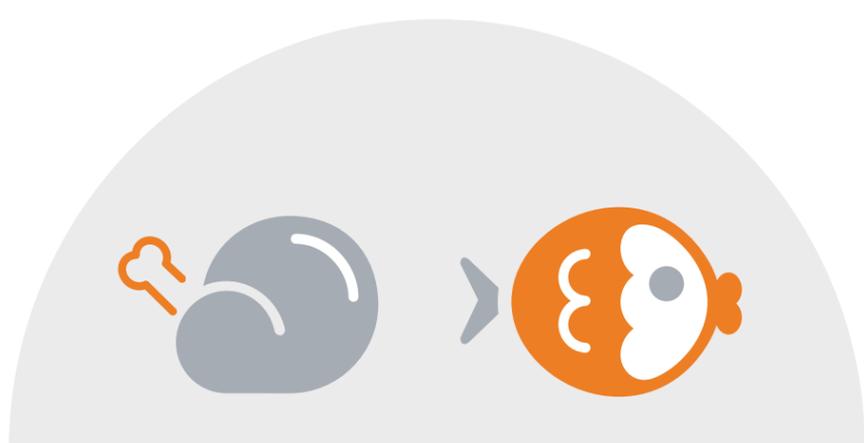
HOW LONG WILL THEY LAST?

DISHES: COOKED MEAT,  
STEW, EGG, OR VEGGIE



**Fridge** 4°C (40°F)  
3–4 days  
**Freezer** -18°C (0°F)  
2–3 months

COOKED POULTRY & FISH



**Fridge** 4°C (40°F)  
3–4 days  
**Freezer** -18°C (0°F)  
4–6 months

MEAT BROTH & GRAVY



**Fridge** 4°C (40°F)  
3–4 days  
**Freezer** -18°C (0°F)  
4–6 months

SOUPS



**Fridge** 4°C (40°F)  
2–3 days  
**Freezer** -18°C (0°F)  
4 months



Health  
Canada

Santé  
Canada

Canada