



# Storing leftovers

**Fridge at  
4°C (40°F)**

**Food**

**Freezer at  
-18°C (0°F)**

**Cooked dishes containing eggs,  
meat and vegetables**



3 to 4 days



2 to 3 months

**Cooked fish and poultry**



3 to 4 days



4 to 6 months

**Meat broth, stock and gravy**



3 to 4 days



4 to 6 months

**Soups**



2 to 3 days



4 months

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