The Leftover Use-or-Freeze Record

Keep the date, handling history, and next meal clear.

A leftover plan depends on safe handling and food-specific storage guidance. Relabeling, reheating, or late freezing cannot erase an unsafe history.

Example: an adult records cooked poultry from last evening, confirms prompt chilling, and checks the applicable storage guidance. It is assigned to the next suitable meal and reheated to the recommended 165°F using a thermometer.

01 Record the original food

Keep the original date and handling history.

Specific food and portion available

Original cooking date and time

Prompt chilling and storage history

Unsafe or uncertain handling concern

02 Consult the right guidance

Use the entry for this food, not a blanket rule.

Food-specific storage guidance checked

Applicable refrigerator storage limit

Planned use date within that guidance

Timely freezer plan, if suitable

The Leftover Use-or-Freeze Record / Review & follow-through

03 Prepare the next meal

Make safe reheating and ownership explicit.

Next meal and needed components

Applicable reheating temperature or method

Thermometer or instruction check

Adult responsible for preparation

04 Record the disposition

Use the result to plan less excess next time.

Used / safely frozen / discarded

Actual date and result

Future batch-size adjustment

Handling or planning lesson to keep