

MYTH:

“Leftovers are safe to eat until they smell bad.”

FACT:

Smell is not an indication of whether food is safe to eat!

There are many different types of bacteria, some of which cause illness in people and others that don't. The types of bacteria that cause foodborne illness do not affect the taste, smell, or appearance of food.

- ✓ Freeze or toss refrigerated leftovers within 3-4 days even if they smell and look fine.*
- ✓ If you're not sure how long leftovers have been in the refrigerator, toss them. If you're not sure how old your leftovers are, remember: when in doubt, throw it out!*