



Topic : 5

**Safe storage of leftover foods and
correct reheating method**



Leftover Foods

Leftover Foods:

- Are food items in excess quantities which is a result of overestimated food amount required by a family or absence of a family member or during Ramadan caused due to exchange of dishes. Leftover foods are highly attractive for bacterial growth and therefore they should be stored carefully to prevent bacterial reproduction which may lead to food poisoning.



Leftover Foods

- Refrigerate foods within 2 hours or less after cooking.
- Prefer keeping food in shallow containers to ensure food cooling and access to the appropriate temperature.
- Separate raw and cooked food to prevent the transfer of microorganisms(cross contamination).



Leftover Foods

- Make sure to reheat food well by using appropriate container, the liquid food heats until boiling and solid food to 75C for 30 second.
- Prefer to eat reheated food immediately.
- Reheat only required amount of food.
- When using a microwave for reheating, stir and/or rotate food midway through the heating time to eliminate cold spots where harmful BACTERIA can survive. Allow the product to stand covered for 2 minutes to ensure thorough reheat.





With Regards

**Food Safety Awareness Team
Food Studies And Planning Section
Food Control Department**

**Food Safety
Our Priority**

