

# BREAD & BUTTER PANTRY NEWSLETTER



**Tewksbury Community Pantry**  
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## How Long Can You Keep Leftovers and Food in the Frig?

Many factors must be taken into consideration before deciding without a doubt that food stored in the refrigerator is safe to eat. Here are some guidelines and a list that will help. The refrigerator should remain at a constant temperature ranging between 36 and 42 degrees Fahrenheit. In addition, food that is meant to be cold should not be allowed to become warm and remain out of the refrigerator for extended periods of time. Likewise, hot food should not be allowed to completely cool and remain out of the refrigerator since bacteria can multiply at alarming rates. These tips will help to prevent food related illnesses.

Sour cream - five days to two weeks  
Buttermilk - five days to two weeks  
Yogurt - five days to two weeks  
Eggs - three weeks  
Pasteurized milk - three to four days  
Butter - one to two weeks  
Margarine - one to two weeks  
Cottage cheese - five days  
Cream cheese - one week  
Ricotta cheese - five days  
Hard cheese - three to four weeks  
Grilled meat - twenty-four to forty-eight hours  
Oven roasted meat - three to four days  
Turkey on the bone - twenty-four to forty-eight hours  
Boneless turkey in gravy - three to four days  
Ham (sliced) - three to four days  
Prepared Fresh Fruits and Veggies  
Citrus Juice - six days  
Berries - twenty-four to forty-eight hours  
Melon - one week  
Citrus fruit - one week  
Apples - one week  
Mixed fresh fruit - twenty-four hours

In, addition, restaurant leftovers, according to guidelines established by the Department of Agriculture, most leftovers should be eaten within four days, and gravy and stuffing should be eaten within two. One common practice that increases the risk of food poisoning is letting leftovers remain at room temperature too long. This can happen when you bring leftovers home from a restaurant and don't return home immediately or leave leftovers out on the counter for hours before refrigerating them. Food left at room temperature provides the perfect environment for bacteria to thrive.

## April Distribution Dates

**Sunday, April 10, 2011**

**9:00 AM-Noon**

**Monday, April 11, 2011**

**7:00-8:30 PM**

**Saturday, April 16, 2011**

**10:00 AM-Noon**

## More Frig Safety Tips...

- ◆ Perhaps most alarmingly, the standard sight and smell test that most of us use to determine if food is good or not is woefully inadequate. Many foods, such as mayonnaise, baby food, casseroles and even pizza may be perfectly rotten but could look, smell and even taste fine. It's nice to save money by reusing leftovers, but don't let them be the cause of a bad case of food poisoning. So, if in doubt, throw it out!
- ◆ Perishable food such as meat and poultry should be wrapped securely to maintain quality and to prevent meat juices from getting onto other food in your frig.



