

How Long Do Leftovers Last in the Fridge?

Refrigerated at 40 F / 4 C or colder and handled safely. Count from the original cooking date.

Food	Refrigerator time
Cooked chicken or turkey	3-4 days
Cooked rice or pasta	3-4 days
Mashed potatoes	3-4 days
Cooked stuffing	3-4 days
Gravy or soup	3-4 days
Hard-cooked eggs	1 week

- Refrigerate within 2 hours; 1 hour above 90 F.
- Use shallow containers. Reheat leftovers to 165 F.
- Freeze before the fridge limit; reheating does not reset it.

Jane’s Note

Label containers with the original cooking date. Reheating does not restart the refrigerator storage clock.

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