



How to check food whether food is safe to eat or not?

To ensure that leftovers are safe to eat, make sure the food is cooked to a safe temperature and refrigerate the leftovers promptly. Not cooking food to a safe temperature and leaving food out at an unsafe temperature are the two main causes of foodborne illness. Safe handling of leftovers is very important to reducing foodborne illness.

- You can easily accept any Leftover food which is kept for three to four days in the refrigerator. After that, the risk of food poisoning increases.
- Apple / Banana/ Potato: If a potato has turned a slight green color, it's probably best to discard it so should not be accepted as Food Donation. Browning on apples, bananas, and potatoes. The outer skin of these foods acts to protect the inside. When exposed to air, the inside "oxidizes" and turns brown. There's no harm in eating these foods if they are browned.
- Pizza: If pizza has been sitting out for more than two hours it is not safe to eat. According to the U.S Department of Agriculture (USDA), all perishable foods, including pizza, are not safe to eat after sitting at room temperature overnight so should not be accepted as Food Donation. If pizza has been sitting in the fridge Lucky you. According to the USDA, if pizza has been refrigerated at a temperature lower than 40 degrees Fahrenheit, it is safe to eat up to four days.
- Cold perishable food, such as chicken salad or a platter of deli meats, should be kept at 40° F or below. Discard any cold leftovers that have been left out for more than 2 hours at room temperature (1 hour when the temperature is above 90 °F
- Potentially hazardous food that stays in the temperature "danger zone", 40-140 °F (4-60 °C), for more than 2 hours should be discarded. Potentially hazardous foods are those foods that spoil most easily, such as unshelled eggs, raw meats, fish, shell fish, dairy products, almost all cooked foods.
- In general, regarding perishable foods like meat, most dairy, unshelled eggs and shell eggs (in the US), cooked casseroles, and so on: if the food (or its perishable components) have been at room temperature for more than two hours, you should discard that food.

[Source: USDA](#)

Leftover Safety

Beef, Lamb, Pork and Veal

- Leftover beef, lamb, pork or veal, including casseroles, will stay safe for 3-4 days if refrigerated properly.
- Bacon will stay safe for 7 days.

Ham (Pre-Cooked)

- Fully cooked slices of ham will stay safe 3-4 days, half-hams for 3-5 days, and whole hams for 7 days if refrigerated properly.
- Pre-cooked ham that is labeled "keep refrigerated," if opened, will stay safe for 3-4 days.

Chicken, Turkey and Other Poultry

- Leftover casseroles containing poultry will stay safe for 3-4 days in the refrigerator, chicken nuggets or patties will stay safe for 1-2 days, poultry pieces that are plain, fried, in broth or gravy, will stay safe for 3-4 days.

Eggs

- Leftover casseroles, quiches, or omelets will stay safe for 3-4 days, while hard-cooked eggs will stay safe for 1 week if refrigerated properly.

Sausages and Lunch Meats

- Hard sausage like jerky sticks or pepperoni can be kept safe for 2-3 weeks with proper refrigeration.
- Opened hot dogs can be kept safe for 1 week with proper refrigeration, opened lunch meat that is vacuum-packed and sliced is safe for 3-5 days, and opened summer sausage labeled "keep refrigerated" is safe for 3 weeks.

Seafood

- Leftover fish and shellfish can be kept safely refrigerated for 3-4 days.

Miscellaneous Food Items

- Gravy and meat broth can both be safely kept in the refrigerator for 3-4 days.
- Pizza will stay safe for 3-4 days with proper refrigeration.
- Soups and stews will stay safe in the refrigerator for 3-4 days.
- Stuffing will stay safe for 3-4 days if refrigerated properly.

Source: USDA