

Twice is nice—enjoy your holiday leftovers safely

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One of the best parts of a big meal are the leftovers, and according to an expert at Baylor College of Medicine, there are some important safety tips to follow when storing leftovers this Thanksgiving.

"Ideally, your refrigerator should be between 35 and 40 degrees Fahrenheit," said Roberta Anding, a registered dietitian with Baylor. "If your refrigerator temperature is higher than this, then food safety is compromised."

She also offered the following tips for storing leftovers:

- Promptly refrigerate leftovers in shallow dishes. Do not left leftovers cool off before putting them in the fridge. The longer the food sits out, the more likely it is to harbor bacteria. Food should be refrigerated within two hours of serving.
- When storing leftover turkey, make sure to take the stuffing out before refrigerating.
- Leftovers can be stored in the refrigerator for up to four days.
- Reheat leftovers to 165 degrees Fahrenheit. Use a meat thermometer to make sure the [internal temperature](#) is correct. When heating up leftover gravy, bring it to a boil.
- Consider freezing leftovers to extend their [food safety](#) window

Provided by Baylor College of Medicine

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