

When in Doubt, Throw it Out!

Leftovers, food that is cooked and then stored, can be kept in the refrigerator for three to four days. Any older, be sure to discard the food due to the potential risk of food poisoning. If you make a larger batch of food and want to store some for longer than four days, you can store in the freezer once cooled down properly. Cooked food should not sit out longer than two hours; after that, your risk for getting sick greatly increases because micro-organisms begin to grow, such as E. coli and Salmonella. Here are some tips to help you “steer clear of food-borne illnesses”:

- The refrigerator should be at or below 40° F and your freezer should be 0° F.
- If you want to store food right after cooking, be sure to cool the food to ensure it will not raise the temperature of the entire refrigerator, placing all of your food at risk. One way to cool down food quickly is to divide your food into shallow containers.
- “Ready-to-eat foods” such as deli meats, should be eaten as soon as possible.
- Be alert for any spoiled food! If it smells or even looks questionable, be sure to toss it out.
- Keep track of how long food has been in your refrigerator. Use up the oldest products first.
- Store raw food, like uncooked meats and eggs, on the bottom shelf and your cooked food on the highest shelf. This way there will be no cross contamination.
- Defrost food under cold running water or in the refrigerator. Marinate raw food, covered, in the refrigerator.
- Clean the refrigerator regularly and check expiration dates.
- Keep your refrigerator doors closed as much as possible!



Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-7416

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796