



Use-It-Up Fridge List

One night a week, dinner is whatever is already in the fridge.

WEEK OF _____ LEFTOVER NIGHT IS _____

WHAT IT IS	COOKED / OPENED	EAT BY	PLAN
			☐ tonight ☐ freeze ☐ toss
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PICK ONE FORMAT, NOT A RECIPE

Fried rice or stir fry

rice, any cooked meat, loose veg

Frittata

cooked veg, cheese ends

Soup

broth, veg, meat, grains, beans

Grain bowl

grains, roasted veg, sauces

Quesadilla or flatbread

tortillas, cheese, beans

Pasta bake

pasta, sauce, veg, cheese

THE USDA BASICS

- Fridge leftovers: 3 to 4 days at 40°F or below. Count from the day you cooked.
- Into the fridge within 2 hours of cooking (1 hour above 90°F).
- Shallow, covered containers so food cools fast.
- Reheat to 165°F. Sauces, soups and gravy to a rolling boil.
- Won't eat it in time? Freeze it, labeled and dated.

Source: USDA Food Safety and Inspection Service, FoodSafety.gov

Write the shopping list after leftover night: what ran out, and what keeps turning into leftovers.



Thanksgiving Leftovers Tracker

Thursday, November 26, 2026 to the Monday after. Then the freezer.

THU NOV 26

Pack it

Within 2 hours: carve, shallow containers, date, fridge

FRI NOV 27

Easy plates

Sandwiches and straight reheats

SAT NOV 28

Remix night

One format: soup, a bake, or fried rice

SUN NOV 29

Freeze day

Anything you won't eat by Monday, labeled

MON NOV 30

Last call

Last day for fridge leftovers (USDA). Wipe the shelf

DISH	IN THE FRIDGE	EAT BY	FROZEN ON	USE FROM FREEZER BY
Turkey, sliced		Mon Nov 30		
Stuffing		Mon Nov 30		
Gravy		Mon Nov 30		
Mashed potatoes		Mon Nov 30		
Cranberry sauce		Mon Nov 30		
Vegetables		Mon Nov 30		
		Mon Nov 30		
		Mon Nov 30		
		Mon Nov 30		
		Mon Nov 30		

USDA FREEZER TIMES (0°F, BEST QUALITY)

Turkey, plain, slices or pieces

4 months

Turkey in broth or gravy

6 months

Cooked poultry dishes, stuffing, gravy

4 to 6 months

Freezer times are for quality only. Frozen foods remain safe indefinitely.

IN THE FRIDGE

● Store leftovers within 2 hours of cooking.

● Up to four days, or until the Monday after Thanksgiving.

● Reheat to 165°F. Gravy to a rolling boil.

REMIX NIGHT IDEAS

Sources: USDA Food Safety and Inspection Service (Your Safe Thanksgiving Guide; Turkey Basics: Handling Cooked Dinners)