

RETHINKING THANKSGIVING LEFTOVERS

Adapted by Chaya Lee Charles, RDN, from www.eatright.org

OCO Nutrition Services | November 2026



KEEPING FOOD SAFE

Turkey and stuffing is only good for three or four days when stored in the refrigerator as leftovers.

All leftover Thanksgiving foods need to reach a temperature of 165°F when reheated for safe consumption.

**** This includes GRAVY!**

Store leftovers in shallow containers and refrigerate or freeze leftovers within two hours of serving, or throw them out!



TURN YOUR LEFTOVER FEAST INTO A NEW MEAL

- Make a hearty harvest stew. Start with leftover gravy (fat skimmed away) as the base. Make it hearty with leftover turkey, veggies, and even cranberries! Thicken with mashed potatoes or sweet potatoes. Cook to 165°F.
- Stack a turkey-berry wrap. Wrap sliced turkey, spread with cranberry sauce and shredded greens in whole-wheat tortillas. Add toasted pecans if you have some.
- Blend cranberries with frozen yogurt and orange juice for a tasty smoothie.
- Freeze turkey stock in small amounts. Later, thaw in the refrigerator and cook couscous, pasta, rice or soup with the stock instead of water.
- Make a stuffing frittata. Mix stuffing with eggs and cook through, pancake-style.



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