4th of July Independence Day Food Safety

1 Clean

Clean hands, utensils, and all surfaces with soap and water.

2 Separate

Use separate plates and utensils for raw meat, cooked meat, and ready-to-eat foods (like veggies) to avoid cross-contamination.

3 Cook

Cook foods to the correct temperature and check with a food thermometer.

- Steaks/Roasts = 145°F
- Ground meat = 160°F
- Poultry = 165°F

4 Chill

Chill raw and prepared food promptly if not eating after cooking. Don't leave food at room temperature for more than 1-2 hours.

Acute Disease Service
Oklahoma State Department of Health
Creating a State of Health

For more information on food safety, call us or visit us on the web:
(405) 271-4060 http://ads.health.ok.gov