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.

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