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