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CUTTING BOARDS AND FOOD SAFETY QUESTIONS & ANSWERS

How do I prevent cross-contamination (the transfer of harmful bacteria to food from other foods) when using a cutting board?

Regardless of the type of cutting board you prefer, wood or a nonporous surface, consider using one for fresh produce and a separate one for raw meat, poultry, and seafood. This will prevent bacteria on a cutting board that is used for raw meat, poultry, or seafood from cross-contaminating a food that requires no further cooking.

- Always use a clean cutting board. Wash cutting boards with hot, soapy water after preparing each food item.
- After washing, you should sanitize the cutting boards with a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Flood the surface with the bleach/water solution and allow it to stand for several minutes. Rinse with clear water and air or pat dry with clean paper towels.
- Another good way to wash the cutting board is to run it through the dishwasher after use. Non-porous acrylic, plastic, glass, and solid wood boards can be washed in a dishwasher (wood boards may crack over time).
- If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Once cutting boards become excessively worn or develop hard-to-clean grooves, they should be replaced. Even plastic boards wear out over time.

Page 1 of 2

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Should I use a wooden cutting board or a plastic one?

You can choose either wood or a nonporous surface cutting board. Research shows that nonporous surfaces, such as plastic, marble, tempered glass, and pyroceramic are easier to clean than wood. Wood surfaces are considered porous. Once cutting boards become excessively worn or develop hard-to-clean grooves, you should replace them. Even plastic boards wear out over time.

How do I clean my cutting board?

- Cutting boards need to be maintained and monitored for cleanliness.
- They should be washed with hot, soapy water after preparing each food item. After washing, you should sanitize the cutting boards with a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Flood surface with the bleach/water solution and allow it to stand for several minutes. Rinse with clear water and air or pat dry with clean paper towels.
- Another good and easy way to wash the cutting boards is to run them through the dishwasher after use. Non-porous acrylic, plastic, glass, and solid wood boards can be washed in a dishwasher (wood boards may crack over time).
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