



Caring for your Wood Cutting Board

1. Use only **mineral oil** or **butcher block oil** on your cutting board. Other oils (vegetable, olive, etc.) will turn rancid. It is best to apply the oil slightly warm and with a soft cloth *in the direction* of the grain. Warming the oil allows it to penetrate deeper into the wood. Your board has been seasoned with a food-grade oil and wax mixture.

2. Oil your Cutting Board when it looks or feels dry, sometimes as frequently as **once a week**. If you allow your board to become dry it may begin to crack.

3. You may scrub and wash your cutting board with soap and water but don't immerse it completely in water and *do not put it in the dishwasher*. It has been glued with water resistant, non-toxic glue but prolonged exposure to water—such as soaking—may weaken the glue. Wood being a natural substrate will absorb water somewhat like a sponge. The fibers will swell and when the board dries, it feels a little rough. Sanding with fine sandpaper (150 grit) and reapplying oil will return it to like-new condition.

4. Do not use your cutting board as a trivet. Hot pots and pans may cause the wood to quickly lose moisture, resulting in a cracked board.

5. Spraying a mist of vinegar on your cutting board is a good way to sanitize it. Using bleach on a wood cutting board is not effective because the organic composition of wood neutralizes the disinfectant quality of bleach and may cause dulling of the colors.

6. To store your board, hang it or stand on edge if possible to promote moisture evaporation.

Food Safety Tip: Use a separate cutting board for raw foods that require cooking. For example, use one for meat, poultry, or fish, and another for cooked or ready-to-eat foods such as cheeses, vegetables or breads.