Cutting Board Composition

Cutting boards come in all shapes, sizes, colors, and are comprised of various materials such as wood, bamboo, acrylic, plastic, glass, marble, and pyroceramic. When choosing a cutting board, it is safest for consumers to select one with a nonporous surface.

Stay Bacteria-Free

Nonporous surfaces can be easier to clean and safer for cutting meat and poultry. Even though some harder-surfaced cutting boards show bacteria-resistant qualities, it has been found that bacteria can become trapped in these surfaces over time as the surface breaks down and knife-grooves develop. These microorganisms can be difficult to dislodge by washing and rinsing alone. Once trapped, bacteria survive in a dormant stage for long periods of time. The next time the cutting board is used, these bacteria can contaminate other foods, potentially causing a food-borne illness.

Current Cutting Board Recommendations for Keeping Food Safe

1. Use a separate cutting board for foods that require cooking. For example, use one for raw meat, poultry or fish, and then use a second one for cooked or ready-to-eat foods such as fruits, vegetables, or bread. This will prevent bacteria on a cutting board that is used for raw meat products from contaminating a food that requires no further cooking.

2. Keep all cutting boards clean by washing with hot, soapy water and then sanitize them by using 1 tablespoon of unscented, liquid chlorine bleach in a gallon of water. Flood the surface with the sanitizing solution and allow it to stand for several minutes, then rinse and air dry or pat dry with paper towels. Non-porous cutting boards can be washed in an automatic dishwasher; however laminated boards are not dishwasher safe. It is always best to read the care instructions before use.
Cutting boards are an important part of preparing food safely; however, all cutting boards wear out over time. Once a cutting board develops hard-to-clean grooves or becomes excessively worn, it is important to discard and replace it to ensure continued food safety with your cutting board$^{1,3}$.

References

