

Cutting Board Care:

Oil is Important!

Wooden cutting boards, although naturally beautiful, tend to lose their rich, glossy finish without the proper care. Furthermore, warping and cracking can occur without routinely oiling your board. When you first receive your cutting board, we recommend seasoning it with mineral oil. To do so, apply a small amount of room temperature mineral oil on to your new board. Allow it to soak in for 15 minutes or more and wipe with a clean cloth or paper towel.

A good rule of thumb is to apply mineral oil once a day for the first week, then once a week for the first month, once a month for the first year, and whenever your board begins to look dry.

Food grade mineral oil is available at your local pharmacy.

As an alternative, beeswax, walnut oil, almond oil, or coconut oil can be used. Food oils (corn, olive, canola, etc.) are not recommended as they can spoil and turn rancid over time. As often as once a week or as little as once a month, practice good cutting board maintenance and oil your board.

**If your board looks dry, it's time to oil it.

Cleaning, Sanitizing and Deodorizing Your Wooden Board:

Cleaning

- Scrape off any excess food from your cutting board and discard.
- Cutting boards and chopping blocks should be gently hand scrubbed immediately after use with hot soapy water. Wash both sides and rinse thoroughly.
- NEVER put your board in the dishwasher or submerge your board in the sink for any length of time.
- Pat dry with a paper towel and then allow your cutting board to air dry upright on a drying rack. Alternatively, stand it up diagonally for proper airflow under the board.

Sanitizing

- Vinegar can be used to sanitize your board. Using a mist of full strength vinegar (5% solution found in any grocery store), lightly spray your board. Rinse and pat dry.
- Alternatively, boards can be wiped down with full strength (3% solution) hydrogen peroxide.

Deodorizing

- In addition to sanitizing, using lemon will help to eliminate odors such as garlic. Generously sprinkle sea salt onto your board and rub with the cut side of a lemon half, gently squeezing as you work. Sit for a few minutes and then wipe off the grey liquid. Rinse well and allow it to dry completely.
- Alternatively, lightly scrub your large cutting board with a paste of baking soda and water. Allow to sit for about ten minutes and then rinse thoroughly and allow to air dry.