How to Care for Your Wooden Cutting Board

1. **FIRST and Foremost!** Before using for the first time, wash by hand, dry thoroughly. Pour plenty of oil on the board/utensils, spread it around a bit and let it sit for 20 or 30 minutes. The oil should be mostly absorbed. Give the board a good wiping and let it rest overnight. When you first get the board do this three or four times. Thereafter oil it once a month, or when drops of water no longer bead on the surface.

2. **ALWAYS** - Wash by hand with mild soap and dry thoroughly after each use.

3. Use only **commercially available products** or food-grade mineral oil on your boards and utensils.

4. **NEVER** let the wood boards or utensils soak in water.

5. **NEVER** put a bamboo (or other wood) cutting board in the dishwasher. Just don’t do it. The very hot washing water removes the protective coating of oil and will warp the wood. The dry cycle can cause it to crack and provide a fantastic cozy home for bacteria.

6. **NEVER** use Vegetable oil, olive oil, coconut oil and the like as it will become rancid & make the board stink to high heaven & potentially make the food taste bad. Never use toxic cleaners, varnish, bleach or alcohol.

7. **Lemon is a natural deodorizer** ~ To naturally deodorize a clean but smelly cutting board - simply cut a lemon in half sprinkle some sea salt on it and gently rub the lemon half over your cutting board. If the smell persists add a little baking soda and scrub lightly again. Rinse and let dry. Always good to reapply food safe mineral oil after this method.

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**ALL NATURAL CUTTING BOARD SANITIZER**

A 1996 STUDY SHOWED THAT HYDROGEN PEROXIDE, WHEN COMBINED WITH AN EQUAL AMOUNT OF VINEGAR, IS A POTENT BACTERIA KILLER.

SALMONELLA, SHIGELLA AND E-COLI WERE ALL ELIMINATED WITH THIS COMBINATION.

- 1/2 cup apple cider or white vinegar per cup of water in a spray bottle
- 3 % hydrogen peroxide in a separate spray bottle

1. Simply spray cutting board with vinegar mixture & allow to sit for 10 minutes.
2. Follow with a liberal spray of hydrogen peroxide & allow to sit for another 10 minutes.
3. Gently rise and allow to completely dry.
4. After completely dry, follow with a light oiling with food safe mineral oil to protect the surface.

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