

FACT SHEET

INCA Community Services Head Start & Early Head Start

Category: Nutrition: Safety

Subject: Cutting Board Safety



Rational

Research shows that cutting boards may hide harmful germs. It is important to understand how to select, clean and store cutting boards in a manner to protect from foodborne illness to ensure the health of safety of the children and families served.

Guidelines

- Use separate cutting boards, plates, and knives for produce and for raw meat, poultry, seafood, and eggs.
- Do not touch raw meat, poultry, seafood or their drippings.
- Clean with hot, soapy water or in dishwasher (if dishwasher-safe) after each use.
- Rinse completely with fresh water.
- Air dry board.
- Store cutting boards so they stay clean, dry.
- Sanitize cutting boards periodically with (1) teaspoon of chlorine bleach to one quart of water. Flood the board with the mixture; let it stand a few minutes
- Replace cutting boards that become deeply scratched, carved or grooved.

Cutting Board and Utensils

- Choose a board with a smooth, hard surface. It should be approved for contact with food.
- Kitchen areas shall have (1) cutting board for meats and (1) cutting board for fruits and vegetables.
- Clearly label the use on each board. (i.e. - Meat or Vegetables)