



Caring For Your Cutting Board

Follow these simple instructions to keep your board looking beautiful for years to come:

1. Use only food grade mineral oil — which is readily available on Amazon — 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 on the grain. Warming the oil allows it to penetrate deeper into the wood. Season your board by applying mineral or butcher block oil and letting it soak into the wood for 15-30 minutes. Apply 4-6 coats before using the board.
2. Oil your cutting board when it looks dry, sometimes as frequently as once a week. If you allow your board to become dry it may begin to crack.
3. You can scrub and wash your cutting board with soap and water but **don't immerse it completely in water and don't put it in the dishwasher.**
4. Spraying a mist of vinegar on your cutting board is a good way to sanitize it. (The Heinz company claims that spraying a straight five percent solution of vinegar — the strength you buy in the supermarket — eliminates 99% of bacteria.) Using bleach on a wood cutting board is not effective because the organic composition of wood neutralizes the disinfectant quality of bleach.