



Using Cutting Boards

When chopping, cutting or slicing food, use a wood or plastic cutting board—not the countertop! Cutting boards can take the nicks and scratches and are soft enough to not damage a knife.

Whether you choose a plastic, acrylic, or wood cutting board, wash it in hot, soapy water after each use. Cutting boards come in many colors, and it is a good idea to always use the same one for raw meat and a different one for cutting vegetables. If you have just one cutting board, make sure you cut vegetables first and then meat to avoid cross-contamination.

To sanitize cutting boards, use a chlorine bleach-water solution. The easiest way to do this is to mix 2 teaspoons bleach in a quart of water. Keep the mixture in a spray bottle for easy use and mark the bottle "bleach water." After spraying the cutting board, let it air-dry.

If the cutting board moves around on the counter when you're chopping, place 3 or 4 thin rubber bands or a



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damp towel underneath it to keep it from slipping. Help kids get in the habit of reaching for a cutting board each time they are chopping, dicing or cutting.

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For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

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