

# Summary of simple and effective ways to clean wood cutting boards

Here are the best ways to clean and disinfect wooden boards simply and efficiently.

In order for your wooden cutting board to be clean and free of bacteria, you must regularly clean and disinfect. But if you just wash the wooden cutting board with soap and water, it is not enough, it even makes your wooden board fast and broken and only clean the surface without destroying the germs hidden deep inside.

Here are the best ways to clean and disinfect wooden boards simply and efficiently.

## 1. Clean and disinfect daily cutting boards

### Tools needed :

1. Edible vinegar (white vinegar)
2. 3% Hydrogen Peroxide Solution (available at drug stores)

Pour each of these solutions into separate spray bottles for convenient cutting of the cutting board.



### After cutting vegetables, tubers

After using a cutting board to cut vegetables, fruits and vegetables, remove the small pieces of vegetables and tubers left on the cutting board, and wipe with a damp cloth. Next, spray a little white vinegar on the cutting surface and then wipe it clean.

Vinegar is an effective disinfectant, such as acetic acid containing combats of E.coli, Salmonella and Staphylococcus.

### **After slicing meat**

After slicing pork or poultry, remove the debris of the meat left on the cutting board, wipe it with a damp cloth, and also clean the vinegar with the same method as above.



After that, spray a layer of 3% Hydrogen Peroxide solution on the cutting board. Make sure this solution covers the entire surface of the cutting board. Wait about 2 - 3 minutes to clean the cutting board with a wet towel and let the cutting board dry naturally.



Hydrogen Peroxide will help you destroy harmful bacteria on the cutting board, especially when combined with white vinegar, your family cutting board will be completely sterilized.

**Note :** If your wooden cutting board is cracked, cracked or there are knife marks on the cutting board, then cleaning the cutting board with water and soap will not be thoroughly cleaned. So combine white vinegar and Hydrogen Peroxide 3% to make sure your cutting board is clean.

## **2. Clean and disinfect the cutting board monthly**

**Tools needed:** Bleach

Although you clean the cutting board every day, you should clean it once a month.



You add 4 - 5 drops of bleach to a small bowl of water and use a stiff bristle brush to dip into the bleach solution and gently rub in a small circle on the cutting surface. Do it quickly to prevent the wood surface from being soaked in bleach for too long.



After that, wipe the surface of the cutting board with a wet towel and wipe it with a dry towel.



**Note :** If you wash with water and soap, do not submerge the entire board into the basin. You can use a rag to clean the dish or sponge soaked in soapy water, squeeze out the water and wipe the cutting surface. Then, use a dry towel to wipe the wood grain vertically to make sure that the steam will quickly evaporate and not absorb into the cutting surface will cause bacteria harmful to human health.

### **3. Deodorant**

**Tools to use:** Lemon

Cleaning the cutting board daily and monthly will help your cutting board not smell. But if you just cut onions and garlic, it will definitely smell very unpleasant. Even if you wash many times with water, it won't work. Then apply the following simple method.



You need to clean the cutting board with vinegar like after cutting vegetables and cutting a fresh lemon, rub the lemon on the cutting board or squeeze the lemon juice and then rub it on the cutting board. Then, use a clean, damp cloth to clean your cutting board with deodorants.



#### **4. Refreshing cutting board**

**Tools needed:**

1. 1 spoon of baking soda
2. 1 spoon of salt
3. 1 little water



You mix salt, baking soda and water into a bowl.



Then use a clean cloth, dipped in the mixture and wipe the cutting surface along the wood grain.



Finally, use a wet towel and a dry towel to clean the cutting board one after another as your cutting board looks new, with no ugly yellow stains.

You finished reading the article "**Summary of simple and effective ways to clean wood cutting boards**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.