

Guidelines on Proper Usage and Cleaning of Chopping Boards

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INTRODUCTION

The chopping board is an essential equipment for food preparation. It is important to keep the chopping board clean and ensure that the chopping board is in good condition. A dirty or worn-out chopping board could harbour bacteria leading to food contamination and food poisoning.

Food handlers should diligently clean all chopping boards after each use. Separate chopping boards should be used for raw and cooked / ready-to-eat food. Food handlers are encouraged to adopt the guidelines below when using and cleaning chopping boards.

GUIDELINES

1) Use Separate Chopping Boards

- a) Use separate chopping boards for raw and cooked / ready-to-eat food to prevent cross-contamination. Food poisoning bacteria can spread from raw food to the chopping board and to cooked / ready-to-eat food when the same chopping board is used to prepare both raw and cooked / ready-to-eat food. Bacteria can also harbour on chopping boards if they are not washed thoroughly after every use.
- b) Colour-code the chopping boards to differentiate the chopping boards used for different types of food. This can be done using different coloured chopping boards (e.g. red for raw food and white for cooked / ready-to-eat food).



2) Clean, Dry and Store Chopping Boards

Chopping boards need to be cleaned regularly before and after each use.

Take the following steps to clean a chopping board:

a) Wooden Chopping Board

- i) Scrape the top surface of the chopping board with a clean knife.



- ii) Wipe the chopping board with a dry and clean cloth.



- iii) Use a designated cloth for wiping the chopping board and wash the cloth and knife with soap and water after every use.



If the wooden chopping board is small and thin, you might find it difficult to scrape the top surface. Under this situation, you can use the cleaning method for plastic chopping boards as mentioned in the next section of the guidelines.

b) Plastic Chopping Board

- i) Scrub the chopping board with a scouring pad and detergent.



- ii) Rinse the chopping board with clean water. Place the chopping board

in a rack to air-dry.



- iii) Do not stack wet chopping boards together or with other kitchenware.



- iv) Store chopping boards in a vertical or upright position. This helps to prevent trapping of moisture and the accumulation of dust or grime under the boards. Proper storage of chopping boards helps to keep them clean and dry.



3) Replace Chopping Boards that are Worn-out

- a) Chopping boards wear out over time.
- b) Replace chopping boards which are excessively worn out with cracks, cuts or hard to clean stains.



- c) Cracks and cuts can harbour food poisoning bacteria which can contaminate food and cause food poisoning.