

# 3 keys to safer chopping boards



## 1 COLOUR CODING

Colour coded chopping boards is important to prevent cross contamination of bacteria and allergens. For example you could use green for vegetables, white for dairy, red for raw meat and yellow for poultry. A good idea is to have an allergen board.

A good precautionary measure is to replace your coloured boards if you think that somebody has been mixing them up, for example a vegetable board has been used to cut raw meat.

## 2 CLEAN & SANITISATION

Wash chopping boards in hot, soapy water or food grade cleaning chemicals and dry well. Make sure you sanitise after cleaning.

## 3 REPLACEMENT REGIME

Covered in scratches, has a deep cut or is misshapen. Knife scratches are inevitable on chopping boards due to their purpose. However, if you notice a large number of knife scratches or some that are particularly deep in the board then it's time for you to replace it. Deep knife scratches are the optimal place for bacteria to exist and multiply making it difficult to clean properly.

