



## MYTH:

Lemon juice and salt will clean and sanitize a cutting board.

**FACT:** Sanitizing is the process of reducing the number of microorganisms that are on a properly cleaned surface to a safe level to reduce risk of foodborne illness. Lemon juice and salt will not do this. The most effective way to sanitize a cutting board as well as other kitchen surfaces is with a diluted bleach and water solution.

To clean and sanitize your cutting board first wash it with hot water and soap. Then sanitize it by using a diluted chlorine bleach solution -- just 1 Tablespoon unscented liquid bleach (not more) to 1 gallon of water. Let the bleach solution stand on the surface for a few minutes; then rinse and blot dry with clean paper towels. It is important to clean and disinfect - just because a surface looks clean, doesn't mean it is free of disease-causing bacteria!

### Week's Highlight Message:

**CLEAN** - Wash hands and surfaces often.

Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening.

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