



Vroman Woodworking

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Wooden Cutting Board Care Instructions

Your cutting board will give you years of enjoyment and use with minimal care required. However over time some maintenance is required, and below you will find some very simple things you can do to keep your cutting board as good as new for years to come.

- If glue was involved in the production of your board it is FDA approved for food contact, and is water resistant. However it is not waterproof. **Do not place your board in the dishwasher or allow it to soak in standing water.**
- Raised grain: After completion your cutting board was wiped down with a damp cloth to raise the grain of the wood. It was then sanded again with 220, 320, and 400 grit sandpaper, and then finished with an oil and wax mixture. This should stop the grain from rising again. However, the first few times you wipe it with a damp cloth it may raise the grain. This can be recognized by the board feeling rough, or “fuzzy”. If this happens simply sand the board with 220, 320, and 400 grit sandpaper. After sanding wipe away all dust and follow the instructions below for oiling the board. Depending on the product you are using you may have to apply up to three coats after sanding.
- Your board was finished with an oil and wax mixture especially designed for cutting boards and butcher blocks. Over time the board will begin to feel dry and will require a new coat, approximately once a month. These products are easily found at most large home improvement stores, hardware stores, and kitchen specialty stores (an oil only finish designed for these products would also work just fine). If you have any difficulty finding suitable oil for your board please feel free to contact me and I can make arrangements to have some shipped to you. **Do not coat your board with vegetable oil, sunflower oil, corn oil, olive oil, or similar products as these will become rancid over time.**
- Although the oil/wax finish protects the board from absorbing moisture, do not leave foods that release water on the board for too long, as eventually the board will absorb it. Similarly, do not let food that can stain easily, such as berries, lay on the board for too long. Rinse the board immediately after cutting these foods.

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- **Be sure to use both sides of the cutting board** as using one side only could lead to warping. Also make sure that you use the entire board and not just one area of it. Spreading the area of cutting makes the board last longer as no one spot is continuously weakened rendering the entire board useless.
- After use clean the board with warm water and a mild dish detergent using a soft bristled brush. Do not use abrasives such as steel wool, a steel brush, or abrasive cleaning products on the board. For disinfection you can use a 10:1 solution of bleach and water. **Dry completely and immediately after washing.**
- To remove stains from a wooden cutting board, sprinkle some salt on them and then rub the surface with a lemon wedge. Allow it to remain for about two to three minutes after which you may rinse off the surface. This will safely and effectively remove stains.
- As this is a cutting board, and not a chopping block, avoid aggressive cleaver use on the board.
- If your board absorbs odors with normal use there are two methods to eliminate them. If the odor is acidic in nature sprinkle the board with baking soda. Moisten the baking soda and allow it to sit for 30 minutes. Then wash the board as normal. If the odors are alkaline in nature spray the board with white vinegar and let it sit for 30 minutes. Then wash the board as normal.
- Over time your board may begin to show cut marks from normal use. The original look of the cutting board can be restored by sanding it to remove the cut marks. Generally using 120 grit, 150 grit, and 220 grit sandpaper will achieve the results you want. However your board was originally sanded to 400 grit, so you may want to consider using 320 and 400 grit if you are looking for a smoother surface. After sanding wipe away all dust and follow the instructions for oiling the board (3rd bullet, page 1). Depending on the product you are using you may have to apply up to three coats after sanding.