

Home Food Safety **MYTHBUSTERS** September is National Food Safety Education Month!

MYTH: Plastic or glass cutting boards don't hold harmful bacteria on their surfaces like wooden cutting boards do.

FACT: Any type of cutting board can hold harmful bacteria on its surface. Regardless of the type of cutting board you use, it should be washed and sanitized after each use. Solid plastic, tempered glass, sealed granite, and hardwood cutting boards are dishwasher safe. However, wood laminates don't hold up well in the dishwasher. Once cutting boards of any type become excessively worn or develop hard-to-clean grooves, they should be discarded.

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