

Being Alive

MODERN FOOD SAFETY: Cutting Board Update

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Former cutting-board advisories called for plastic (rather than wood) cutting boards, but on March 4, the LA Times warned that plastic can be worse than wood - it seems to hang onto bacteria more aggressively! Current advice is to use those very cheap paper plates as cutting surfaces. The plates are disposable, so you can't get into trouble unless you re-use them. Change plates (and even knives) between foods to avoid cross-contamination. Clean-up was never easier!

[See the topic on aegis.org](http://aegis.org)