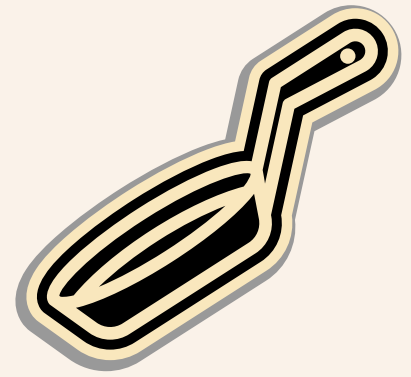


Healthy Homes



... & THE PROBLEM WITH NON-STICK

WHY IS IT HARMFUL?

Non-stick coatings are made with chemicals that break down and release toxic gasses and particles when scratched or exposed to high cooking temperatures. ^{1, 2, 3}

They've been given the nickname "forever chemicals" ⁴ because we have such a hard time getting rid of them! They build up in our bodies and homes; Even small doses are linked to kidney, liver, and thyroid disease - plus cancer and reproductive problems. ⁵

Did you know?
Microwave popcorn & fast food packaging often uses the same chemical coatings!

HEALTHY HOME TIPS:

Cast iron develops a natural non-stick layer that *improves* over time. One pan can last a lifetime!

Look for PFAS, PTFE and PFC-free labels. If you already have non-stick pans, only use them on low to medium heat. (High temperatures like for searing steak break down the coating.) Don't use utensils which will scratch- opt for wooden implements instead.

When possible, replace non-stick items with cast-iron, stainless or carbon steel, glass, ceramic or ceramic-coated cookware instead.

How to season cast iron:

1. Preheat your oven to 400 F (200 C) with foil on the bottom rack to catch any dripping
2. Wash new pans with dish soap, dry thoroughly
3. Using paper towel or a lint-free cloth, rub a thin layer of vegetable oil into every surface (inside and out, including the handle!)
4. Using a fresh towel wipe away any excess oil (only a super-thin layer should remain)
5. Place upside-down on middle rack and bake for 1 hr. Leave to cool in oven and... that's it, you're done!

