

Safest Cookware and Bakeware

The safety of different types of cookware varies depending on heating conditions and other various factors. To help keep your kitchen a clean, chemical free environment, below are some suggestions for the safest (and least safe) options.

Pots and Pans

USE THIS



Stainless Steel

A great alternative to a non-stick cooking surface, most chefs agree that 18/10 stainless steel cookware browns foods better than non-stick surfaces and doesn't present the safety issues of non-stick cookware. **Example:** All Clad®, Cuisinart®, Emeril®, Calphalon®



Cast Iron

Remains a great alternative to non-stick cooking surfaces. Lodge, America's oldest family-owned cookware manufacturer, refers to its cookware as "natural non-stick." Cast iron is extremely durable and can be pre-heated to temperatures that will brown meat while withstanding oven temperatures well above what is considered safe for non-stick pans. **Example:** Lodge®



Enameled Cast Iron

Porcelain enamel over cast iron. This cookware is beautiful, durable and safe but it can be pricey. **Example:** Le Creuset®

NOT THIS



Non-Stick Cookware

Non-stick surfaces wear out and chip with age which means these little toxic chips can go into your food. It's also important to know that non-stick surfaces release toxins into the air at high temperatures.

If you have old, peeling non-stick cookware, ditch it for safer options.

If your non-stick is still in good shape, check out the **Tips for How to Cook More Safely with Non-Stick** listed below.

Bakeware and Microwave Cookware

USE THIS



Oven-Safe Glass or Ceramic

For baking and microwaving. Use glass bottoms and glass lids. Look for the words "Microwave and Oven Safe" on glass and ceramic products. **Example:** Pyrex® and Corningware® **Note:** Never microwave plastics or styrofoam, even if they claim to be microwave safe.



Aluminum or Stainless Steel

For baking.

NOT THIS



Plastic Containers or Styrofoam

These substances are not heat stable and will melt in the microwave and dishwasher releasing plasticizers and other toxins into your food.



Non-Stick Baking Sheets

Storage Containers

USE THIS



Glass

Use for **leftovers and wet or dry ingredients** (especially acid-based foods). Acidic foods stored in plastic containers can leach plasticizers into your food.



Silicone or Plastic

Use for **dry ingredients**. Hand wash plastics instead of putting them in the dishwasher which can cause the plastic to break down and become less safe.

How to Cook More Safely with Non-Stick If You Already Have It

- Never pre-heat non-stick cookware at a high heat. Empty pans can rapidly reach high temperatures. Heat at the lowest temperature possible to cook your food safely.
- Don't put non-stick cookware in an oven hotter than 500°F or 260°C .
- Use an exhaust fan over the stove.
- Keep pet birds out of the kitchen. The fumes from an overheated pan can kill a bird in seconds.
- Skip the self-cleaning function on your oven. It cleans by heating to high temperatures, which can release toxic fumes from non-stick interior oven parts.
- Choose a safer alternative when buying new cookware.

Source: Environmental Working Group