

Cookware products made with traditional nonstick coatings are safe for everyday consumer use.

The U.S. Food & Drug Administration (FDA) has found traditional nonstick coatings acceptable for conventional kitchen use¹, as have health regulatory agencies around the world. One brand of traditional nonstick coating is Teflon; however several companies manufacture nonstick coatings, not just the makers of Teflon.

For more than 40 years, consumers have used these products safely – cookware made with traditional nonstick coatings is safe for normal kitchen use. There are millions of pots and pans coated with nonstick in use around the world.

Information You Should Know About the Use of Nonstick Cookware

Nonstick coatings are safe for everyday kitchen use.

Low or medium heat is recommended for product with nonstick surfaces, however, the coatings can withstand temperatures up to 500°F, which is well above what is recommended for frying and baking.

Nonstick cookware made with Teflon is safe for use across a range of everyday cooking temperatures. For example, water boils at 212°F. The normal temperature of a frying pan while meat is cooking can range from 400 to 470°F. The highest temperature used in baking -- such as for roasting poultry or vegetables -- is about 450°F. Most baked goods – such as cookies or cakes – are baked at temperatures in the 325°F to 400°F range.

Nonstick cookware made with Teflon nonstick coatings is safe for consumer use, but like any home appliance or houseware product, cookware can be misused and abused.

Nonstick coatings are formulated and quality tested to resist chipping and peeling.² However, the nonstick coating can be damaged if the Use & Care for your product is not carefully followed.

In 2006, US regulators created a program to phase out the use of PFOA, a chemical used in the manufacturing of nonstick coatings. This program successfully ended PFOA-manufacturing by the end of 2015. Many manufacturers, including Meyer's suppliers of nonstick coatings, had already switched to manufacturing coatings without PFOA before 2015.³ All Meyer brands with a traditional nonstick coating are manufactured without PFOA.

USING YOUR NONSTICK COOKWARE SAFELY

Are your products made with nonstick coatings safe?

Yes, nonstick coatings on cooking products are safe when the Use & Care is followed. Confidence in the safety and performance of nonstick coatings is based on more than 40 years of laboratory testing and use in home kitchens.⁴

¹ Chemours, 'Teflon Brand. A Force in Nonstick Coatings. Get the Facts.', 2016.

² Chemours, 'Teflon Brand. A Force in Nonstick Coatings. Get the Facts.', 2016.

³ Chemours website, Oct. 2018. https://www.chemours.com/Teflon/en_US/products/safety/key_questions.html#.
https://www.atsdr.cdc.gov/pfas/docs/pfas_fact_sheet.pdf

⁴ Chemours website, Oct. 2018. https://www.chemours.com/Teflon/en_US/products/safety/key_questions.html#

How can I be sure nonstick coatings are safe?

Regulatory agencies, such as the U.S. Food & Drug Administration and the European Food Safety Authority have approved the use of nonstick coatings on cookware.⁵ Consumers in more than 40 countries around the world have purchased billions of pots and pans with nonstick coatings.⁶

Meyer reached out to Chemours (one of its nonstick suppliers) for more information regarding the manufacturing of its nonstick coatings, and Chemours provided the following statement:

Statement from Chemours – a maker of nonstick coatings for Meyer Corporation [October 2018]:

Chemours™ nonstick coatings for cookware have been in the past and continue to be safe when used as intended. Regulatory agencies such as the European Food Safety Authority (EFSA), French Food Safety Agency (ANSES), the U.S. Food and Drug Administration (FDA) have established requirements for materials in contact with food, including nonstick coatings. These nonstick coatings have been developed to meet these regulatory requirements. Over fifty years of consumer use, along with laboratory testing and published peer-reviewed research, has affirmed that nonstick coatings made and sold by DuPont up until July 2015, and nonstick coatings made and sold by Chemours since July 2015 are safe for their intended use.

I've heard about PFAS chemicals, such as PFOA or PFOS, in nonstick cookware and other household products. Is your nonstick cookware made with PFOA or PFOS chemicals?

All Meyer brands with a traditional nonstick coating are manufactured without PFOS. They are also manufactured without PFOA, a chemical that was used in the past to manufacture nonstick coatings. In the U.S., PFOA was phased out officially in 2015, however many manufacturers, including Meyer's suppliers of nonstick coatings, stopped using PFOA before required to do so and as early as 2012.⁷

Are there steps I can take to make sure I am using nonstick product's safely?

Yes. Always use them properly and follow the Use & Care of your product. Low or medium heat is recommended for cookware with nonstick coatings to preserve the longevity of the product.

Nonstick cookware should never be overheated. The coatings are safe for normal kitchen use, including baking or frying, and may be used at a temperature up to approximately 500° F (260° C). 500° F is the maximum temperature recommended for cooking with traditional nonstick cookware. However, if you're cooking in an oven, please be mindful that many pot/pan handles are only oven safe to 350°F. Always refer to your Use & Care for specific product instructions before placing your nonstick cookware in the oven.

For context, meat is usually cooked at 204°C/400°F, poultry is generally roasted at 204°C/400°F and cookies and cakes are usually baked at around 190°C/375°F. On the stovetop, water boils at

⁵ FluoroCouncil, Understanding FluoroTechnology, 2017.

⁶ Chemours website, Oct. 2018. https://www.chemours.com/Teflon/en_US/products/safety/key_questions.html#

⁷ Chemours Customer Letter, 2018;

Chemours website, Oct. 2018. https://www.chemours.com/Teflon/en_US/products/safety/key_questions.html#

100°C/212°F, scrambled eggs are cooked at 121°C/250°F while butter and cooking oil will begin to scorch and smoke at about 204°C/400°F⁸.

As is the case with most pots and pans, nonstick cookware should never be left unattended or allowed to reach extreme temperatures. Additionally, cooking should always be conducted in well ventilated areas.

What Is "normal" or "conventional" kitchen use?

Cookware with nonstick coatings can be used at temperatures up to approximately 500° F (260° C) without risking damage to the coating. This is well above the temperatures required for boiling, frying and baking.

What Happens if Nonstick Coated Cookware is Overheated?

At high temperatures, the quality of the coating may begin to deteriorate -- it may discolor or lose its nonstick quality. This will begin to occur at temperatures above 500° F.

If nonstick cookware is heated to an extremely high temperature, the coating may begin to decompose and create fumes. Fats, butter, or cooking oil will begin to scorch and smoke at approximately 400° F (204° C). Nonstick coatings will not begin to significantly decompose until temperatures exceed about 660° F (349° C) – more than 200°F above the smoke point for cooking oil, fats or butter. At these temperatures, your food would be burned to an inedible state before the nonstick coating would begin to decompose.⁹

How can I prevent nonstick products from overheating?

Nonstick-coated pans are solely intended for use with low or medium heat. Higher temperatures (above 500° F) can be reached while cooking, but the food will likely burn and smoke. Even higher temperatures (above 600° F) can be reached within minutes if a dry or empty pot/pan is left on a hot burner or in a hot oven. Nonstick product should never be left unattended or allowed to overheat without food in the pan.

Are fumes from overheated nonstick cookware harmful to people?

First, no fumes are emitted when cookware is used in accordance with its Use & Care.

Nonstick coatings will not begin to deteriorate in appearance or performance until the temperature of the product reaches about 500° F (260° C). The coating will not significantly decompose unless temperatures exceed about 660° F (349°).

Are Fumes From Over-heated Nonstick Products Hazardous To Household Pets?

With the exception of birds, household pets are not adversely affected by fumes from overheated nonstick product.

Because birds have particularly sensitive respiratory systems, they can be injured by many kinds of household fumes, including those from aerosol sprays, burning butter or cooking oils, and cleaning

⁸ Chemours website, Oct. 2018. https://www.chemours.com/Teflon/en_US/products/safety/key_questions.html#

⁹ Chemours website, Oct. 2018. https://www.chemours.com/Teflon/en_US/products/safety/key_questions.html#

solvents. Additionally, if accidentally overheated, nonstick cookware can emit fumes that may be harmful to birds, **as can any type of cookware** pre-heated with cooking oil, fats, margarine and butter.¹⁰

Bird owners can take several precautions to protect pet birds from cooking fumes (1) keep birds out of the kitchen; (2) observe good cooking practices and never allow cookware to overheat; and (3) keep the cooking area well ventilated.

Is All Nonstick Cookware Made with Teflon?

No. Consumers frequently use the term "Teflon" to refer to any nonstick coating. However, Teflon is a trademark for nonstick coatings and other products.

Other manufacturers make nonstick coatings that are marketed under different brand names. While nonstick coatings may vary somewhat, most are based on the same basic materials – known as fluoropolymers.

What are the Benefits of Using Products Coated with Nonstick Coating?

Nonstick pans make cooking and cleaning easier: food doesn't stick to the pan and the pans are easier to clean than other materials, such as stainless steel. Nonstick cookware is safe at cooking temperatures up to 500° F/260° C, which is beyond the temperature that foods are normally prepared.

If you would like more information on the manufacturing of nonstick coatings, please contact the following companies:

Chemours: <https://www.chemours.com/en/contact>

DuPont: <http://www.dupont.com/forms/contact-us.html>

Whitford: <https://www.whitfordww.com/contact-us/>

¹⁰ Breathing Easy: Safeguarding Your Pet Bird from Dangers in the Kitchen, Karen Rosenthal, DVM, MS.
www.cookware.org