

■ Non-Toxic Cookware Buyer's Checklist (2025 Edition)

Use this quick checklist to choose the safest pots and pans for healthy cooking.

- ✓ Choose materials like ceramic, cast iron, or stainless steel
- ✓ Look for 'PFAS-free', 'PFOA-free', 'lead-free', and 'cadmium-free' labels
- ✓ Prioritize third-party safety certifications (SGS, FDA, LFGB, etc.)
- ✓ Avoid traditional Teflon unless clearly labeled PTFE-free
- ✓ Check oven-safety temperature limits and induction compatibility
- ✓ Review customer feedback on non-stick performance and durability
- ✓ Consider eco-friendly packaging and brands with sustainability missions
- ✓ For slow-cooking, consider a ceramic or cast iron Dutch oven
- ✓ Avoid cheap aluminum sets without a safe coating layer
- ✓ Bonus tip: Hand washing extends the life of your cookware