


WHAT CAN YOU DO?



The best way to prevent PFAS chemicals from being released into the environment is minimizing use of PFAS containing products, especially when PFAS-free alternatives are available. Below are examples of ways you can minimize your PFAS footprint.

Cookware

- Use stainless steel, cast iron, or glass
- Avoid non-stick coatings
- If you do use non-stick coatings, don't scrub, scrape, overheat or put non-stick coatings in the dishwasher and stack non-stick pans with a napkin or cloth between them to prevent scratches
- Dispose of old or damaged non-stick pans
- Purchase quality cookware from reputable companies



Food Packaging

- Prepare food at home and in advance
- Don't reheat food in grease resistant packaging
- Use uncoated glass, silicone, metal, and bamboo containers to store food, whether at home or dining out
- Switch from microwave popcorn to stovetop or air popped popcorn
- Investigate the content of any paper, plastic or aluminum food liner or wrapper you purchase
- Use silicone baking mats and liners
- Use beeswax lined cotton fabric pieces as a great alternative for cold food storage



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Stain Resistant and Waterproof Fabrics

- Look for non-fluorinated water-resistant finishes
- Avoid “waterproof”, “water-resistant”, “stain resistant”, or “wrinkle resistant” clothes, shoes, furniture, and carpeting
- Don’t assume an industry name is PFAS free because it doesn’t include a fluoro- in its name! Gore-Tex and Polartec contain PFAS, and are commonly found in outdoor gear, including tents
- Skip the additional stain-resistant treatments that are offered, including Scotchguard and Stainmaster
- Opt for washable fabric alternatives instead, including machine washable rugs and slip-covered furniture



Personal Care Products

- Review the ingredients in your makeup, deodorants, dental floss, toothbrushes, sunscreens, insect repellants
- Avoid ingredients with fluorinated compounds
- Use products derived from natural ingredients
- Search the Skin Deep database on the Environmental Working Group's website to check your personal care products



What else can I do?

- Contact your favorite household and food companies to inquire about their use of PFAS.
- Encourage companies to use non-toxic PFAS alternatives and provide additional labeling to indicate their product is PFAS free
- Contact your state and local representatives to encourage development of laws that phase out PFAS production and use
- Stay up to date on safety determinations for PFAS chemicals

