

All About PFAS

Per- and Polyfluoroalkyl Substances

Where are they found?



PFAS can be found in numerous products including textiles, paints, personal care products, carpet,

adhesives, cookware, to-go containers, linings of food packaging, computers, cell phones, automobiles, mattresses, shoes, clothing, microwave popcorn bag linings, papers used at delis and bakeries, and much more.



PFAS is known to be used in “green” compostable to-go containers; it has

therefore been detected in municipal compost.

PFOA, also known as C8, is a member of the PFAS family. PFOA was one of the primary components of Teflon until 2013.

Now, the primary component is polytetrafluorethylene (PTFE).



What are they?

PFAS are a diverse chemical group consisting of over 3,000 individual PFAS, with the primary purpose of water, stain, and grease resistance.



What are the concerns?

Human health concerns

Various PFAS have been linked to a wide range of health effects:

- Increased risk of thyroid disease
- Increased risk of decreased fertility
- Liver damage
- Cancer
- Developmental and reproductive toxicity
- Immune suppression
- Persistence in the body

Environmental concerns

Various PFAS have been linked to numerous environmental concerns:

- Persistence in the environment, meaning they don't breakdown
- Bioaccumulation, meaning they build up in the tissues of animals and humans
- Groundwater contamination

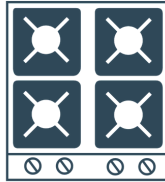
TIPS

for Reducing Your Exposure

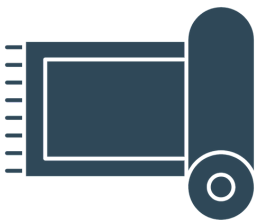
Use **safer cookware**. Choose stainless steel, cast iron, and glass. Avoid nonstick cookware, even if it's labeled as "healthy" or "green."

Cook at home when possible. **To-go packaging** from restaurants and grocery stores can be lined with PFAS.

If you do get takeout, heat up food on a glass plate if you use the microwave instead of within the to-go packaging (even if it's labeled as **microwave-safe**), or use the stove top.



Avoid products – from clothing to couches – labeled "**nonstick**," "**easy care**," "**no iron**," "**waterproof**" and other similar terms, as they can be coated with PFAS.



Shop for carpets and rugs mindfully. Those labeled as "**stain resistant**" can be coated with PFAS. Ask the manufacturer for details on any finishes used in the process.

Only go **waterproof** when completely necessary. Choose **boots and outerwear** that aren't coated when possible.



Make popcorn on the stove. **Microwaveable popcorn bags** can be coated with PFAS.

While we highly recommend avoiding all **nonstick pans**, if you must continue using them, turn down the heat below 400 degrees, ventilate your kitchen well during their use, cease using them immediately if they become scratched or the coating is flaking or peeling, and use softer utensils like wood or silicone to avoid scratching their surface.



When you head out for the day, **bring your own to-go kit** that includes plastic-free essentials like a water bottle, coffee cup, and cutlery. PFAS has been detected in to-go items, including those labeled as compostable and "green," so use your own where possible.



Stick with **dental floss** that uses natural coatings like vegetable wax or beeswax, or go with completely uncoated floss. Some conventional dental floss can be coated with PFAS and unfortunately, this information is rarely disclosed, so look for dental flosses that explicitly disclose the composition of the coating.



Shop for **MADE SAFE** certified **personal care, cleaning, and household products**. PFAS are not permitted in certified products.