

6 useful advices how to use correctly non-stick coated utensils

1. Before using the pan for the first time clean it with lukewarm water and detergent. Dry it and grease the non-stick surface with table oil and wipe lightly. Repeat this operation from time to time.
2. Do not cut inside the pan. Metallic utensils are not be used but it is recommended the use of wood, or plastic cooking utensils. Store the utensil with care to preserve the internal non-stick coating.
3. Non-stick pans are easy to be cleaned with liquid detergents and sponge. Do not use abrasive products such as scouring or steel wool sponges.
4. Do not overheat the item empty; for best results it is recommended to use a low flame. Select the correct size burner and centre the pan over the heat source. Never heat fatty food to the extent that it burns.
5. Let the utensil cool before cleaning; avoid sudden thermic shocks which may deform the base of the pan.
6. In case the pans present evident scratches on the internal surface, it is advisable to replace them, as the non-stick property is heavily affected during cooking session.

Researches on health and environmental safety of the non-stick coated cookware have been run by:

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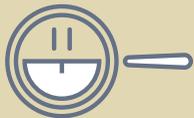
non-stick coating **Yes**

Non-stick coatings?

YES **NO**



much Ado
about **Nothing**



non-stick coating **Yes**

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clear up any doubts on Non-stick cookware



The emotional reaction due to inaccurate information given by some media, has exposed non-stick cookware to the risk of being placed in unfavourable light. This information **has however no scientific background**. In order to clear any doubts, and to protect, the quality and the safety of non-stick cookware, the most important Italian cookware manufacturers decided to call upon the science to have a neutral and final opinion.

much ado about nothing



In January 2006, The Environment Protection Agency (EPA) of United States, asked to the eight biggest manufacturers of fluoro-polymers to agree voluntary on a plan aimed at the progressive reduction of Perfluorooctanoic Acid (PFOA) emissions. The initial plan was to reduce PFOA emissions by 95% within 2010 and to eliminate them all within 2015.

Some media **have mistaken PFOA with PTFE or Teflon**, the coating applied on cookware to make it non-stick. Nowadays all non-stick coatings are PFOA-free. EPA himself never raised any question on the safety of non-stick cookware which can be used without any concern.



with non-stick coatings
you can cook healthy,
dietetic and respecting
the environment

It has been scientifically proved that cooking with non-stick cookware:

1. It is safer for human health because, there is no risk of potential harmful or toxic substances arising from the combined effect of over-heating and dehydration, as food doesn't stick to the bottom.
2. It is healthier for human diet as non-stick cookware let cook without oil and fats. Both the American Heart Association and the National Stroke Association recommend the use of non-stick cookware to reduce the impact of cardiovascular pathologies.
3. It is safer for the environment because it requires less water and detergents for cleaning.

Non-stick coatings? trust them!



Non-stick coatings have been sold in the market for more than 40 years and are safe in their use. European Regulatory Agencies like the European Food Safety Authority (EFSA) and the French Agency for Food Safety (AFSSA), American Agencies like the Food and Drug Administration (FDA) have clearly stated that non-stick coatings based on fluoropolymers are safe for cooking. FDA himself has reaffirmed that particles that may chip off the non-stick coatings, even if swallowed by accident, are not harmful for human health. In fact, as they are chemically inert, they don't undergo any transformation but pass unaltered through the organism, as a food fibre, being harmless for human health.

For these reasons **the use of items with scratches does not bring any risk to the consumer's health** but, eventually, they could be replaced only because their non-stick property is affected when heavily abraded. Just to reconfirm the chemical inertness of PTFE and, therefore, its safety, we underline the fact that PTFE is also used to coat cardiac stimulators and in the thoracic surgery. The Paper of Battaglia, lecturer in environmental Chemistry at the University of Modena and of Fochi, Lecturer in Chemistry at Scuola Normale Superiore of Pisa, on the safety of non stick cookware, can be downloaded from the websites of cookware producers, along with other scientific documents that support the statements.

Non-stick coatings?

