



# Frequently Asked Question

**Are non-stick coated products harmful to my health?**



**\*Figures and illustrations on all artworks are provided for reference only and may differ from the actual product appearance.**

**\*Product design and specifications may be changed without notice.**

Non-stick cookware has become a staple in kitchens across the world, beloved for its ease of use and quick clean up. From frypans to sandwich presses and air fryers, these surfaces are designed to prevent food from sticking, often requiring less oil or butter and in turn making them a healthier option for everyday cooking. But over the years, there have been ongoing questions about the safety of non-stick coatings. So, is it still safe to use non-stick products in modern kitchens? The short answer is yes, today's non-stick technology has evolved significantly and is considered safe when used as intended.

## The Evolution of Non-Stick Coatings

The earliest non-stick pans became popular in the mid-20th century, with coatings made from polytetrafluoroethylene (**PTFE**), a synthetic material known for its slick surface. You might recognise PTFE by its original brand name, Teflon®. While PTFE itself is inert and non-toxic, earlier manufacturing processes often involved perfluorooctanoic acid (**PFOA**), a chemical that raised health and environmental concerns and falls under the broad class of synthetic chemicals known as **PFAS**.

However, it's important to note that since the early 2010's, PFOA has been phased out globally, including in Australia, and is no longer used in the production of non-stick coatings. Today's reputable non-stick cookware is PFOA free, rigorously tested for food safety and manufactured under strict quality controls to ensure it meets both local and international health standards.

## Safe When Used Correctly

Modern non-stick surfaces, including those used on small appliances like electric frypans, grills, and air fryer baskets, are safe when used as instructed. These coatings are designed to perform best on **low to medium heat** and most safety concerns arise when non-stick cookware is overheated (typically beyond 260°C) which can degrade the coating over time. Fortunately, most home cooking applications don't reach these temperatures and many appliances come with built-in thermostats to regulate heat output.

To further protect your non-stick surfaces (and your food) do not use metal utensils, as these can scratch the coating. Instead, opt for wooden, silicone or plastic tools and clean gently with a soft sponge rather than abrasive scourers.

## Environmental and Health Standards

In Australia, non-stick cookware and appliances sold through reputable retailers are required to meet rigorous product safety standards. Many coatings are now reinforced with ceramic, titanium, or diamond-infused materials for added durability and peace of mind. Additionally, independent certification bodies such as LFGB (Europe), FDA (USA), and food-grade compliance certifications used locally all help ensure that materials used in these coatings are non-toxic and safe for food contact.

## Final Thoughts

Modern non-stick cookware and appliances are safe for everyday use when handled correctly. The shift away from harmful manufacturing chemicals, combined with advances in material science, has made these products more reliable and durable than ever before. Whether you're flipping pancakes in a frypan, or cooking chicken wings in an air fryer, you can feel confident knowing that today's non-stick technology is built with safety and health in mind.

As always, following the manufacturer's care instructions will help maintain the integrity of your non-stick coating and ensure it serves your kitchen for years to come.

The information provided here is for general information use only. Ensure to assess your specific situation and apply what is correct for your given circumstances.