

## Useful advices how to use correctly non-stick coated moulds

1. Before using the mould for the first time clean it with lukewarm water and detergent.
2. Slightly grease inside surface with oil, butter or margarine before baking.
3. Allow cake to cool down a little before removing from the mould.
4. Please avoid direct contact with the flame.
5. Use only in traditional ovens (no microwave).
6. Do not cut inside the mould. Do not use sharp objects or others metal tools which could damage the baking pan surface. It is recommended the use of wood, or plastic cooking utensils. Store the mould with care to preserve the internal non-stick coating.
7. Non-stick moulds are easy to be cleaned with liquid detergents and sponge. Do not use abrasive products such as scouring or steel wool sponges.
8. Do not overheat the mould empty.
9. Please do not exceed the temperature specified in the instructions for use.
10. For a longer life of the baking pan, please dry it off carefully after washing.
11. Let the mould cool before cleaning; avoid sudden thermic shocks which may deform the base of the mould.

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

**Prof. FRANCO BATTAGLIA**

Lecturer in Environmental Chemistry  
at the University of Modena - Italy

**Prof. GIANNI FOCHI**

Lecturer in Chemistry  
at Scuola Normale di Pisa - Italy

For further detail, please browse into our website [www.guardini.com](http://www.guardini.com)  
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Via Cravero 9 - 10088 Volpiano (TO) - Italy - Phone +39 011 9952890 - Fax +39 011 9952142  
[www.guardini.com](http://www.guardini.com) - [info@guardini.com](mailto:info@guardini.com)

## INFORMATIVE CAMPAIGN



non-stick coating **Yes**

# Non-stick coatings?

YES NO





non-stick coating **Yes**

## 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 voluntarily 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.

INFORMATIVE CAMPAIGN



**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. 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?

