



Press Release

20 November 2008

PAN AMNESTY FOR PEOPLE WORRIED ABOUT THE POTENTIAL HEALTH RISKS OF NON-STICK

Directors, Andrew and Babette Bluett-Duncan discuss why Art of Living Cookshops came up with the idea of a non-stick pan Amnesty.

Andrew explains, "Rather alarmingly recent studies have shown the possible dangers of overheating non-stick coatings which contain PFOA. The fumes that are released from the chemicals in most non-sticks that are overheated are toxic. Overheating is defined as around 260°C. This is a temperature that a non-stick pan can easily achieve on any hob."

Andrew is now recommending an alternative to Art of Living customers that he feels is better than ordinary non-sticks, "GreenPan has a ceramic coating called Thermolon, which is made of silica, rather than the traditional PTFE (plastic film) non-stick coating. Its ceramic coating is free from PTFE and manufactured without PFOA so it gives off no noxious fumes at very high temperatures that some old style non-sticks do."

They have been trying GreenPan at home for about six months and Babette adds, "We've not treated it gently (we have three teenage children). It has been in regular, almost daily use. It cooks everything as well as our SKK and Anolon frying pans. Both of these makes, we hold in high regard. It has a lovely light grey, glossy interior, that's consistently easy to clean."

Having been 'green' for a number of years, Andrew liked the sound of GreenPan's green credentials, "The process of making a plastic based non-stick pan is not very kind to the environment. High temperatures are required to spray conventional non-sticks, which also need several coatings. With GreenPan, only one coating is needed at a much lower temperature with a 60% saving of fuel. Happily, this is reflected in the price to the consumer. The GreenPan Company have gone to considerable lengths to use recycled materials in both the pans and the packaging. Typhoon, the UK GreenPan importer, is planting a tree in India for every pan they sell."

Andrew and Babette are so enthused by the pan in use and its green credentials that they've come up with a non-stick pan Amnesty. Now, you can recycle your old non-stick pan and they'll take £5.00 off your first purchase of GreenPan. So, if you have an old deteriorating non-stick pan, they will take it and recycle it for you. You can either bring your old pan for recycling to one of Art of Living's cookshops in Reigate or Cobham, or post it to them. Full details are available on their website: www.artoflivingcookshop.co.uk

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Sources:

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Green kitchen: the non-stick panacea

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