**Choosing PFAS-Free Products**

Most Californians have heard little about the large group of chemicals known as per- and polyfluoroalkyl substances (PFAS). But even if you haven't heard of PFAS, there's a good chance these harmful chemicals are lurking in your home.

PFAS are commonly used in the manufacturing of water-, grease-, and stain-resistant products. This means everything from your nonstick pans to your couch, raincoat, floor wax, and dental floss could contain PFAS. The strong chemical bonds in these "forever chemicals" allow them to accumulate in our bodies and the environment over time, harming our health and the planet.

While California has taken important steps to limit the use of PFAS in many everyday products, these chemicals are still found in countless items manufactured or sold in the state. To help reduce your exposure to PFAS, follow these tips when at the store:

**Cookware:** Opt for ceramic, glass, stainless steel, or cast-iron cookware instead of nonstick. Be cautious of cookware advertised as PFOA- or PFOS-free, as it may still contain other toxic PFAS chemicals.

**Cosmetics and personal care products:** Check labels and avoid products with fluoro-, perfluoro-, or PTFE in the ingredient list.

**Clothing:** Be wary of clothing that is labeled as stain-resistant or waterproof. When buying outdoor clothing and rain gear, do your research to find products made without PFAS.

**Furniture, carpets, and bedding:** Choose products made without water- and stain-repellents. If uncertain, visit the manufacturer's website or contact them to confirm if the item is PFAS-free.

**Household cleaners:** Opt for eco-certified cleaners such as Green Seal or U.S. EPA's Safer Choice, which identify products containing fewer or no toxic ingredients. Or make your own less toxic cleaners using simple kitchen ingredients like vinegar and baking soda.

Finally, let your dollars do the talking by supporting companies that have taken steps to remove PFAS from their products. By choosing PFAS-free alternatives, you can better protect your health and help keep PFAS pollutants from entering the environment. Visit PFAS Central to find a list of PFAS-free products: [pfascentral.org/pfas-free-products](https://pfascentral.org/pfas-free-products)