

TOXINS IN THE KITCHEN: WHAT YOU SHOULD KNOW



Your kitchen might look clean, but it can hide toxic chemicals in cookware, food packaging, plastic containers, cleaning products, and even your tap water. These toxins affect both your health and the planet.



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HUMAN HEALTH IMPACTS

Toxic Cookware

- Nonstick pans coated with Teflon (PTFE) can release toxic fumes when overheated.
- Many nonstick coatings contain PFAS, aka “forever chemicals,” linked to cancer, hormone disruption, and immune system issues.

Plastic & Packaging

- Reheating food in plastic containers can release BPA, phthalates, and other hormone-disrupting chemicals into your food.
- Canned foods may have BPA-lined interiors, which leach into food.

Cleaning Products

- Many kitchen cleaners contain VOCs, chlorine, and ammonia that can irritate lungs and trigger asthma.
- Some antibacterial soaps contain triclosan, a suspected endocrine disruptor now banned in hand soaps—but still found in some kitchen items.

Contaminated Water

- Tap water may contain lead, chlorine, nitrates, and PFAS depending on your location.
- Boiling water doesn’t remove these—only proper filtration does.





ENVIRONMENTAL IMPACT

Plastic Waste

- Single-use plastics (wraps, bags, utensils) add to the 400+ million tons of plastic produced each year—most of which end up in landfills or oceans.

Air & Water Pollution

- VOCs from cleaners contribute to indoor air pollution and smog.
- Toxins from dishwashing and cleaning products wash into waterways, harming aquatic ecosystems.

Non-Biodegradable Cookware

- Cheap nonstick cookware breaks down easily and is non-recyclable, ending up in landfills or incinerators.

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SUSTAINABLE SWAPS

- Switch to cast iron, stainless steel, or ceramic cookware.
- Use glass or stainless steel containers for storage and reheating.
- Choose plant-based, non-toxic cleaning products or make your own with vinegar and baking soda.
- Invest in a water filter (like activated carbon or reverse osmosis).
- Say no to plastic wrap and baggies—opt for beeswax wraps or silicone bags.

WHY IT MATTERS:

You cook, clean, and eat in your kitchen every day—small toxic exposures add up. Protect your health and the planet with simple swaps that go a long way.