

# Chemicals in the Kitchen

## Top Tips for Healthy Kids



**CONSERVATION  
MINNESOTA**

*Protect the Minnesota you love.*

Chemicals can lurk in the kitchen in plastics, cookware, and drinking water, providing daily exposures to chemicals associated with hormone disruption, reproductive and developmental problems, and even cancer. Chemicals in plastics can leach into food and drinks, especially when heated in the microwave. Teflon-coated non-stick cookware contains perfluorinated chemicals that can leach into the food. Hormone active chemicals have been detected in bottled water.

The quality of your drinking water can vary based on where you live and the source of your water. The EPA sets enforceable standards for levels of many chemicals in public water systems, but several emerging contaminants remain unregulated. Public water systems in Minnesota are regularly tested in accordance with the federal Safe Drinking Water Act. Fifteen percent of people in the U.S. get their drinking water from private wells, which are unregulated by the EPA. Potential well water pollutants include fertilizers, pesticides, arsenic, nitrates, waste from Concentrated Animal Feeding Operations, as well as industrial and household waste.



*Search the NSF database  
to find certified water  
filtration systems:*

<http://www.nsf.org/consumer-resources/what-is-nsf-certification/water-filters-treatment-certification/selecting-a-water-treatment-system/>

*Keep chemicals out of your  
kitchen and your body with a  
few simple precautions:*

- Use glass or ceramic containers in the microwave, not plastic.
- Avoid non-stick cookware coated with Teflon, instead use stainless steel or cast iron pans.
- Purchase fresh, frozen, or food packaged in glass to avoid exposure to bisphenol A in canned food.
- Avoid processed, prepackaged foods such as microwave popcorn and fast food with grease-resistant food packaging,
- Unless traveling, avoid bottled water, which is unregulated and creates plastic waste and unnecessary exposure to chemicals in plastic.
- City water systems: Go to your city's web site to review your community water quality report. For more information <http://water.epa.gov/drink/local/mn.cfm>. If you don't trust the quality, use a filtration option such as a water filter pitcher or install a kitchen water filter for cooking and drinking water. Solid carbon filters remove lead, chlorine, and most other contaminants in city water systems.
- Well water: Have your water tested before selecting a filtration system. [www.health.state.mn.us/divs/eh/groundwater/](http://www.health.state.mn.us/divs/eh/groundwater/)