

# PFAS-FREE

## Swap smart: safer choices for your body

### Safer Cookware



Choose safer alternatives like ceramic, stainless steel, cast iron, or glass. Brands such as Caraway and GreenPan offer PFAS-free ceramic-coated cookware, while Lodge Cast Iron and Made In (stainless steel) provide durable, toxin-free options for everyday cooking.

### Safer Water



Home water filters can remove PFAS. Brands like Berkey, Clearly Filtered, and Aquasana offer filters tested to remove PFAS.

### Safer Makeup and Skincare



PFAS are often added to waterproof mascaras, foundations, and harmful chemicals to improve wear and texture. Clean beauty brands like Ilia Beauty, Beautycounter, and Credo Beauty offer rigorously tested, PFAS-free alternatives that prioritize safety and transparency.

### Safer Clothing



Everyday clothing brands like PACT, tentree, Outerknown, and Toad\&Co avoid PFAS and other harmful chemicals often used in dyes, finishes, and water-resistant treatments. These companies prioritize eco-friendly materials, with certifications like GOTS and Fair Trade.