

# TOXIC LEAD IN ALUMINUM COOKWARE



Some imported aluminum cooking pots and pressure cookers (including anodized ones) can contain lead, which is highly toxic.

Lead exposure is most damaging in children six years and younger and can cause:

- Damage to the brain and nervous system
- Learning and behavior problems
- Slowed growth and development
- Hearing and speech problems

Lead exposure in adults can also cause long-term health problems. Exposure during pregnancy can result in miscarriage, stillbirth, premature birth, and low birth weight.

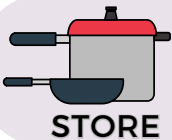
## TO REDUCE LEAD EXPOSURE FROM ALUMINUM COOKWARE:



- Hand wash with warm water, non-scratch scrubber, and mild soap.
- Rinse and dry immediately. Do not put in dishwasher.
- Never use steel wool or harsh cleaners.



- Avoid cooking very acidic foods like vinegar and tomatoes.
- Use wooden or silicone utensils.
- Only cook on low or medium heat.



- Don't store food in aluminum cookware after cooking.
- Use a pot rack or pan protector for storage rather than stacking the pots.



REPLACE  
RECYCLE

- Replace it with stainless steel.
- Recycle aluminum cookware at City of Seattle and King County transfer stations free of charge. Find a facility near you: [www.kingcounty.gov/depts/dnrp/solid-waste/facilities/transfer](http://www.kingcounty.gov/depts/dnrp/solid-waste/facilities/transfer)

If you are pregnant, breastfeeding, or have young children, and you use aluminum cookware, ask your healthcare provider for a blood test to check your lead levels.

Testing is free through Apple Health (Medicaid) and most private insurance.

