

Before using your new GreenPan, check out our Use & Care for tips on keeping your cookware looking and performing like new, every single time! With ceramic non-stick cookware, the way you care for them are slightly different than what you may be used to, but don't let this scare you! With a few quick tips, we'll make you a ceramic non-stick pro in no time.

## 1. HEAT SETTINGS



Maybe the most important thing to remember about your ceramic cookware is that it conducts heat much more efficiently than traditional cookware, thanks to the ceramic non-stick layer. This allows you to achieve the same crispy frying results with lower heat! No need to pre-heat either.

## 2. USE OF OILS



We always recommend using a little bit of oil or butter when using your GreenPan. It's good to note that Extra Virgin Olive Oil and oil sprays carbonize very quickly when the pan is heated and should be avoided when cooking with ceramic non-stick.  
P.S. no need to season your pan!

### 3. USING THE COOKWARE



It might seem silly to say, but it is important to remember not to leave an empty pan on a hot burner. To help your pan live a long and healthy life, please avoid using metal utensils or cutting food in your pan. Doing this can create small cuts in the coating where food and oils can get stuck and carbonize. Wooden, silicone or nylon utensils are all great to use with your GreenPan.

#### 4. CLEANING AND STORING



Allow your cookware to cool completely before washing to avoid thermal shock. Clean with warm soapy water and a soft sponge to make sure the interior is spotless before storing. When storing, we recommend that you place a protective sheet in-between your pots and pans to minimize wear and tear.