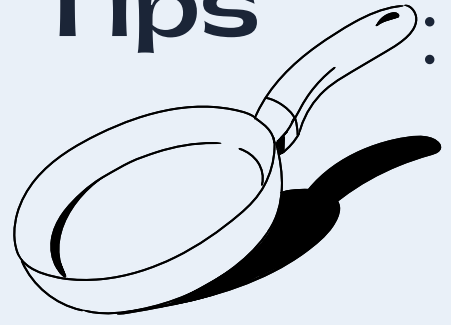


# How to care for nonstick cookware - Cleaning and Maintenance Tips

[www.kitchenni.com](http://www.kitchenni.com)



## Mind stove heat settings

01

Adhere to medium or medium-low preheating and cooking. As a rule of thumb, do not exceed 260 degrees C (500 F).

## Use only non-abrasive cooking utensils

02

Apply small amount of oil or cooking spray before heating

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03

Swiping pans with a light coating of oil fills in microscopic pores and assists polymerization, further strengthening slickness. Just a thin smear enhances the nonstick shield.

04

## Always handwash gently

While labeled dishwasher safe, repeated machine washing slowly erodes exterior coatings from harsh chemicals and jet spray pressures over time.

05

## Avoid steel wool scrubs and super abrasive pads

Skip materials that might remove coating particles. Soft sponges, gentle bristled brushes and mild detergents dissolve cooked-on residue without stripping away nonstick layers.