

The Non-Toxic Kitchen Swap Checklist

Seven swaps that cut the plastic touching your food, ranked by how much they actually matter. Start at the top. You do not need to do all seven this week.

First, the why in one line. A 2023 study in the journal Environmental Science & Technology found that chopping on a plastic board can shed thousands of microplastic particles into your food in a single session. Call it the plastic board tax. The good news: most of the fix is cheap, and it starts with things you already planned to replace.

The Swaps, Highest Impact First

- ☐ **1. Retire scratched nonstick pans** **BIGGEST**
Worn Teflon and other nonstick coatings can flake into food, and plastic plus high heat is the worst combination in the kitchen. If a pan is visibly scratched or peeling, it is the highest-value thing to replace. Move to stainless steel or cast iron for daily cooking.
- ☐ **2. Swap plastic utensils that live in hot pans** **HIGH**
A plastic spatula or spoon sitting in a simmering pot degrades far faster than a cutting board does. Stainless, silicone rated for heat, or wood utensils fix this for a few dollars.
- ☐ **3. Stop microwaving and storing hot food in plastic** **HIGH**
Heating food in plastic containers is a well-documented way to move plastic into what you eat. Reheat and store in glass. Keep the plastic lids off the food or out of the microwave.
- ☐ **4. Replace your plastic cutting board** **MEDIUM**
The visible one everyone starts with. A stainless steel board sheds zero plastic and sanitizes completely. Keep a wood board alongside it for delicate knife work. See our current picks at the link below.
- ☐ **5. Ditch the plastic kettle or coffee parts that contact hot water** **WORTH IT**
Plastic in contact with near-boiling water, in kettles and some coffee makers, is an easy upgrade to stainless steel or glass when yours next needs replacing.
- ☐ **6. Move to a stainless or glass water bottle** **WORTH IT**
Refillable plastic bottles shed more as they age and get scratched. Stainless lasts for years and does not hold flavors or smells.
- ☐ **7. Swap plastic wrap and bags for beeswax wraps or reusable silicone** **NICE**
The lowest-urgency item on the list, but a simple habit change once the bigger swaps are done. Glass containers cover most of what plastic wrap did anyway.

The One Rule That Makes This Easy

You do not have to throw everything out today. Follow one rule: **when a plastic kitchen item wears out, replace it with steel, glass, or wood instead of more plastic.** Do that for a year and your kitchen quietly de-plastics itself, starting with the items that shed the most. The scratched pan and the melting spatula are the ones worth replacing early. Everything else can wait for its natural turn.

Ready to handle the cutting board? See our honest picks and the full microplastics research at StainlessSteelCuttingBoard.com

This checklist is for general education, not medical advice. It summarizes published research and does not claim any product prevents disease. Sources: Yadav et al., Environmental Science & Technology, 2023; Marfella et al., New England Journal of Medicine, 2024; Leslie et al., Environment International, 2022.