



A Guide for Reducing PFAS Exposure in the Home

Per- and Polyfluoroalkyl Substances (PFAS) have been widely used in household products designed to be water, heat, grease, and stain-resistant. Research is providing good reason to reduce exposure to PFAS—for our health, and for the environment. New laws in Minnesota aim to reduce the use of PFAS in household products (see reverse). This guide will highlight some steps to take to identify and reduce PFAS-containing products in the home until the laws are solidly in place.

What are PFAS and why are they problematic?

PFAS are a family of over 5,000 human-made chemicals. You may have heard PFAS referred to as “forever chemicals” because they have a nearly unbreakable chemical bond and can persist and accumulate over time.

In recent years, scientists have been able to more accurately measure PFAS and are learning how prevalent they are. On top of that, some studies have linked certain types of PFAS exposure with adverse health effects.

According to the Agency for Toxic Substances and Disease Registry, people can be exposed to PFAS from public and private drinking water; food that was in contact with PFAS-containing packaging or sourced from contaminated water or soil; and household products including furniture, carpeting, clothing, personal care products, cosmetics, stains, and varnishes.



Image credit to: www.knowyourh2o.com

Ready to take action? Swap out and shop smart when it's time to buy these products:



Non-stick cookware: Swap out these pots and pans with stainless steel and cast-iron options or shop for non-stick cookware that is labelled PFAS-free.



Microwavable popcorn bags: Cook popcorn on the stove in a PFAS-free pot or use silicone or glass microwavable containers designed for popping popcorn.



Paper plates and other single-use food contact materials: Reusable serve ware and containers are long-term alternatives that will help save money and reduce waste.



Food wrappers & packaging: Shop for groceries that are packaging-free when available and rethink your fast-food choices (packaging can pack a punch of PFAS).



Water-resistant cosmetics: Mascara, lipstick, and foundation are designed to hold up against moisture; they may contain PFAS. Avoid these products or shop PFAS-free.

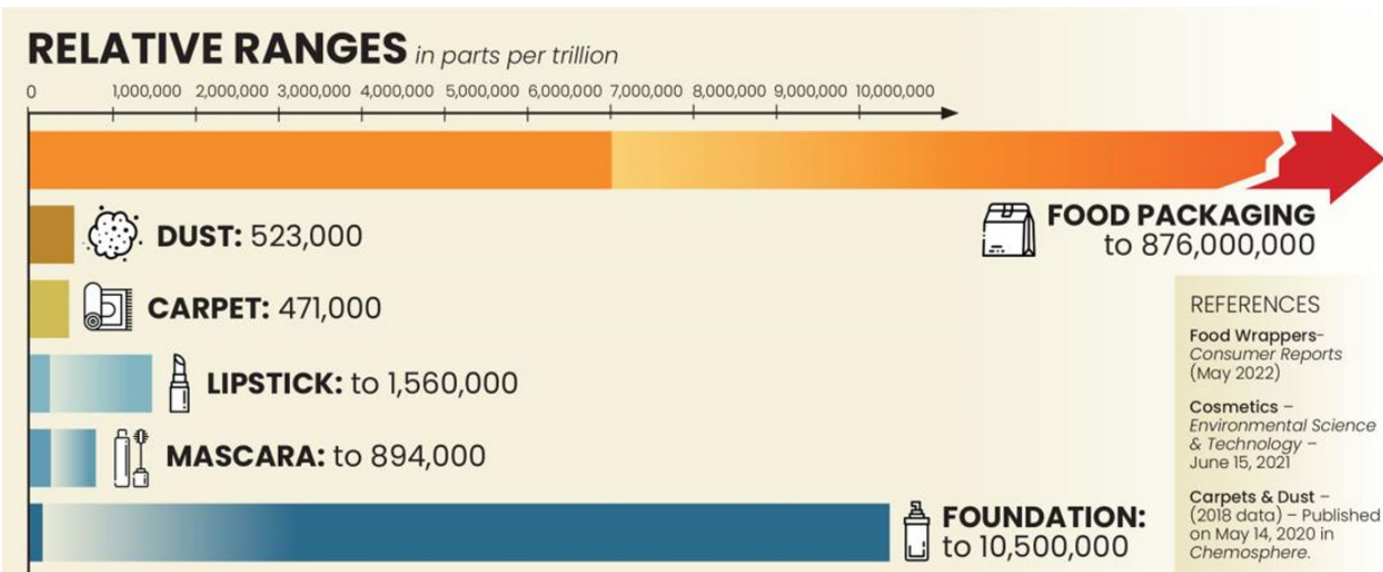


“Fluorinated” shampoo, dental floss, cleaners, and ski wax: Read labels for ingredients that are “fluorinated” or have “fluoro” in their names, often indicative of PFAS. Labels can be tricky! Find PFAS-free brands and products listed online.



Rain and stain-resistant clothing, furniture, and carpeting: Research companies that make PFAS-free products or wait to buy when new laws are in place in 2025. Note: these products can shed PFAS that then accumulate in dust—sweep and vacuum regularly, particularly in households with small children.

PFAS Concentration Ranges in Common Consumer Products



Modified and used with permission from the Metropolitan Water Reclamation District of Greater Chicago (MWRD). Credit to MWRD, the California Association of Sanitation agencies, and the research studies referenced on the graphic.

Way to go, Minnesota—making strides in identifying and reducing PFAS pollution!

Timeline for key actions:

- 2020 The Minnesota Legislature prohibited the use of PFAS-containing firefighting foam for testing and training, and now in 2024, prohibits use in incident response with some exceptions (Minn. Stat. § 325F.072).
- 2021 The Minnesota Pollution Control Agency developed the Minnesota PFAS Blueprint—a plan to prevent, manage, and clean-up PFAS. The plan prioritizes pollution prevention and calls for regulation and legislation.
- 2024 Legislation prohibits the intentional use of PFAS in food and beverage packaging, in effect January 1, 2024 (Minn. Stat. § 325F.075).
- 2025 Legislation will ban intentionally added PFAS in eleven product categories: carpets and rugs, cleaning products, cookware, cosmetics, dental floss, fabric treatments, juvenile products, menstruation products, textile furnishings, ski wax, and upholstered furniture (Minn. Stat. § 116.943, Subd. 5a).
- 2025 The Minnesota Department of Health (MDH) intends to test community drinking water sources for PFAS across the state by 2025, but this does not include private wells unless in an area of known contamination. The MDH tested both Lake Superior and Duluth’s treated drinking water for PFAS compounds in 2019 and none were detected. Testing of Duluth’s treated water in 2023 gave similar results.
- 2026 Manufacturers must report products containing intentionally added PFAS (Minn. Stat. § 116.943, Subd. 2).
- 2032 Legislation ending all avoidable PFAS use in Minnesota goes into effect (Minn. Stat. § 116.943, Subd. 5c.).

Consult these helpful resources for additional information:

Meaningful and Achievable Steps You Can Take to Reduce Your Risk | US EPA ([epa.gov](https://www.epa.gov))

Minnesota’s PFAS Blueprint | Minnesota Pollution Control Agency (pca.state.mn.us)

Per- and Polyfluoroalkyl Substances (PFAS) | MN Dept. of Health (health.state.mn.us)

Per- and Polyfluoroalkyl Substances (PFAS) | US Food and Drug Administration ([fda.gov](https://www.fda.gov))



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