

Reducing PFAS Exposure in the Home

Per- and Poly-fluoroalkyl Substances (PFAS) have been widely used in water-, heat-, grease-, and stain-resistant products. Research strongly supports PFAS exposure reduction for our health and the environment. Minnesota passed new laws to reduce the use of PFAS in household products. This guide highlights methods to eliminate PFAS-containing products in the home.

The Problem with PFAS

PFAS are a family of over 5,000 human-made chemicals referred to as “forever chemicals” because their nearly unbreakable chemical bonds can persist indefinitely. Recently, researchers have been able to more accurately measure PFAS and are learning how prevalent they are.

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 drinking water; food that was in contact with PFAS-containing packaging or sourced from contaminated water or soil; and household products like furniture, carpet, clothing, personal care products, cosmetics, stains, and varnishes.



Minnesota Takes Action on PFAS

2020: Legislation prohibits the use of PFAS-containing firefighting foam for testing and training and, in 2024, prohibits use in incident response with some exceptions (Minnesota Statute § 325F.072).

2021: The Minnesota Pollution Control Agency develops 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 (Minnesota Statute § 325F.075).

2025: Minnesota Department of Health plans statewide PFAS testing of community water systems (excluding most private wells). PFAS was either not detected or detected at levels below the EPA limits for communities in the district.

2025: Legislation bans intentionally added PFAS in carpets and rugs, cleaning products, cookware, cosmetics, dental floss, fabric treatments, juvenile products, menstruation products, textile furnishings, ski wax, and upholstery (Minnesota Statute § 116.943, Subd. 5a).

2026: Manufacturers must report products containing intentionally added PFAS (Minnesota Statute § 116.943, Subd. 2).

2032: Legislation bans all avoidable PFAS use in Minnesota (Minnesota Statute § 116.943, Subd. 5c).

Everyday Ways to Reduce Your Exposure to PFAS



Many microwave popcorn bags are lined with PFAS to resist grease.
Try instead: Air-pop or stove-top methods, or use brands that label their bags as “PFAS-free.”



Grease-resistant paper plates, takeout containers, food wrappers, and bakery bags may contain PFAS.
Try instead: Bring your own containers, use reusable plates, or look for certified compostable items labeled “BPI-Certified.”



Some waterproof mascara, eyeliner, foundation, and lipstick may contain PFAS to improve durability.
Try instead: Look for cosmetics labeled “PFAS-free” and avoid products with “fluoro” or “perfluoro” in the ingredients.

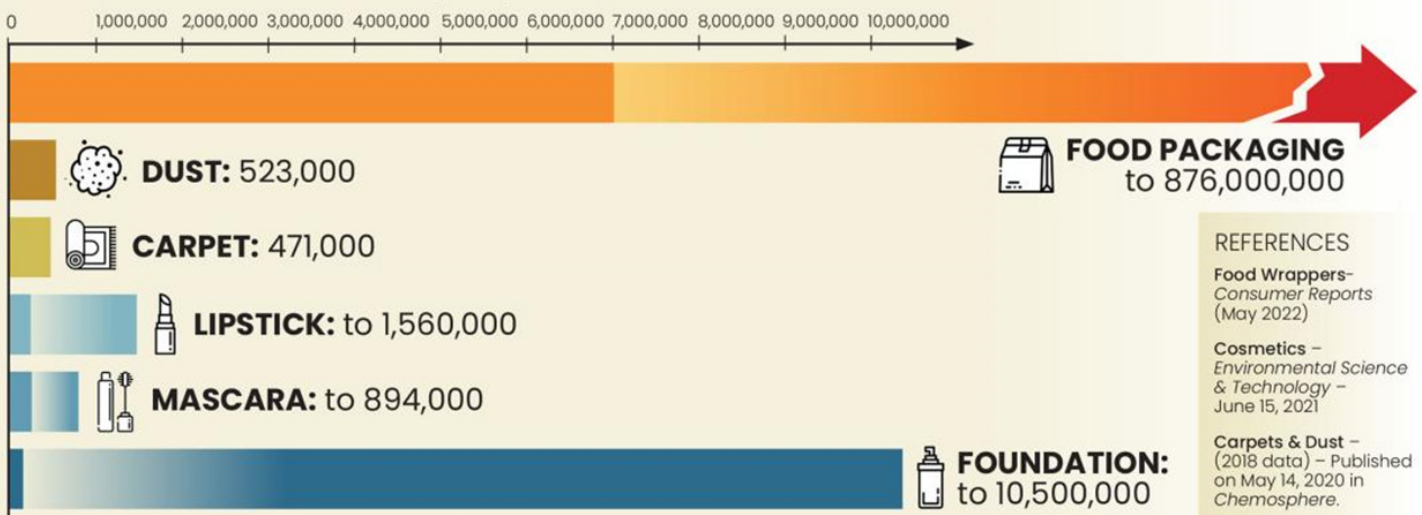


Teflon® and other nonstick coatings (often labeled PTFE) may contain or release PFAS, especially if overheated or damaged.
Try instead: Use stainless steel, cast iron, or ceramic cookware, and avoid overheating any nonstick surfaces.



Stain- and water-resistant fabrics and carpets often contain PFAS, leading to household dust that can carry the chemicals.
Try instead: Skip optional stain-guard treatments. Vacuum with a HEPA filter and dust frequently to reduce PFAS buildup indoors.

RELATIVE RANGES *in parts per trillion*



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