PŪNGAO®

GUIDES & TOOLS

Everyday Materials

What to know. What to check.

A practical companion

Food containers, kitchen tools and everyday storage: a clear starting point for choosing and using them with care.

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Evidence-informed. No promises of a toxin-free life.

01 / UNDERSTAND

Start with five questions

What will it touch?

Food, toiletries and dry supplements have different storage requirements. Check the intended use of the finished product. [1]

Will it be heated?

Oven, microwave and dishwasher suitability are separate instructions. One does not imply the others.

What are the conditions?

Temperature, time, fat and acidity can affect migration into food. The substances involved and the amount transferred matter. [2]

What is the whole product?

Check the body, lid, seal and coating. Different components may have different limits.

Can I find the instructions?

Choose clear information over broad reassurance. Keep a copy for later.

02 / COMPARE

Materials at a glance

Plastic

A broad material family. BPA-free addresses one substance, not every aspect of use. Check product-specific heating instructions. [3,4]

Silicone

Flexible and useful for some reusable products. Processing quality and intended use matter. Platinum-cured is not a finished-product test report. [5]

Glass and stainless steel

Consider the complete container. Check heating instructions for glass and the composition of steel where nickel allergy is relevant. [6]

Aluminium

Avoid acidic or salty food in uncoated aluminium. A dry organiser has a different use from a cooking tray. [7]

Non-stick PTFE

Use as directed and avoid overheating empty cookware. Proper use and environmental concerns are different questions. [8]

03 / USE

Heat needs an instruction

Before reheating

Check that the actual container is intended for that heating method. When instructions are unclear, use a different, clearly suitable container.

A limit belongs to a product

200 degrees C on one silicone item is not a universal limit for all silicone. Follow the lower applicable limit for every component.

Clean for the next use

Follow the specified washing method. Check seals and surfaces, and dry as directed before storage.

Review visible problems

Check items that are cracked, distorted, damaged or no longer close properly. Ask the manufacturer if continued use is unclear.

Keep the task in view

For supplement organisers, follow each supplement’s storage directions. Some products should stay in their original packaging.

04 / INTERPRET

Read claims with care

BPA-free

A specific absence claim. It does not establish the full formulation or suitability for heat.

Food-contact symbol

The glass-and-fork symbol indicates food-contact use. It is not a universal oven or microwave permission. [11]

Natural / chemical-free / non-toxic

Ask what the claim means, under which conditions, and what supports it. Broad language is not a substitute for instructions.

Microplastic research

Human studies have reported associations. These do not establish that one container causes disease or that replacing it prevents disease. [9,10]

Choose one useful change

Identify a practical issue, check the instructions, then decide. There is no need to replace every item at once.

05 / PRINT & KEEP

Your household check

Choose three everyday items

One for reheating, one for longer food storage, one for carrying food. Write down what you can verify, rather than guessing.

ITEM 1 / REHEATING

Product: _____

Intended use and heat limit: _____

Condition / next step: _____

ITEM 2 / STORAGE

Product: _____

Food type and storage instructions: _____

Condition / next step: _____

ITEM 3 / ON THE GO

Product: _____

Closure and cleaning instructions: _____

Condition / next step: _____

One change I will make

_____

Review date: _____

06 / AT HOME

A checklist to keep

Before buying or reusing

[ ] The intended use is clear.
[ ] The body, lid, coating and seal are considered.
[ ] Heating and cleaning instructions are available.
[ ] The temperature limit fits my actual task.
[ ] The product is in suitable condition.

Before replacing

[ ] I can name the problem I am solving.
[ ] I have checked whether better use is enough.
[ ] I have not treated a broad claim as a guarantee.

A question for the manufacturer

_____

_____

A useful principle

Use the right product for the task, within its instructions. General education cannot certify a particular product or guarantee a health outcome.

07 / EXPLORE

Sources & further reading

1. European Commission Food Contact Materials
Open source

2. Finnish Food Authority Migration from food contact material
Open source

3. EFSA (2023) Re-evaluation of BPA in foodstuffs
Open source

4. European Union Regulation (EU) 2024/3190 on bisphenols
Open source

5. LAVES Kitchen utensils made from silicone
Open source

6. Health Canada The safe use of cookware and bakeware
Open source

7. BfR Aluminium in food and consumer products
Open source

8. BfR PTFE non-stick cookware: questions and answers
Open source

9. Marfella et al. (2024) Microplastics and nanoplastics in atheromas
Open source

10. BfR Microplastics: evidence and public perception
Open source

11. Finnish Food Authority Sale and labelling of food contact materials
Open source

Sources reviewed November 2026. This guide is educational and does not certify a product or provide individual medical advice.