

# cookina®

NO PFDA & BPA  
tested in laboratory



PRESENT

CONTAINS AT LEAST

**65%**

NON-STICK  
LIQUID

INSTRUCTIONS BOOKLET



**cookina®**  
Parchminum®

[www.cookina.co](http://www.cookina.co)

Every product is inspected before packing. The COOKINA® Ring is our symbol of quality and authenticity and makes it easy to store your COOKINA® after use.



## Holographic AKADEMIA!™ Security Seal

Every COOKINA® product comes with a new Security Seal. This is our guarantee that this product meets the highest standards of quality and safety.

Peel it off to find your unique registration code to authenticate your COOKINA® and to activate your warranty on our website.

**FIRST  
THING  
TO DO**  
BEFORE USING  
YOUR COOKINA®

### 1. Peel of the security seal



### 2. [www.cookina.co/active](http://www.cookina.co/active)

### 3. Enter your code

- Reusable and reversible
- Oil-free and fat-free cooking:  
Allows you to cook without fat or oil for a much healthier lifestyle
- Your food is tastier, lower in calories and retains all its vitamins and taste
- Holds no odour or flavour from previous use
- Easy to clean: No need to scrub or scour, easy wipe or wash clean
- Easily cut to size
- Keeps food tender, juicy and tasty!



**Guaranteed** against faulty workmanship or materials. The COOKINA® Ring is our symbol of quality and authenticity.



**NO PFOA & BPA**  
Tested in laboratory

- **100% non-stick:** Food simply glides off the PTFE (no PFOA detected) coated non-stick fabric

## THANK YOU FOR CHOOSING COOKINA®.

To assure a long and pleasant experience, we would like you to take the time to read these instructions before you use your COOKINA®. These instructions are for general safety and use and are provided so that you can avoid personal injury and damage to your COOKINA®.

If you have any questions, please visit our website at [www.cookina.co](http://www.cookina.co) or call the customer experience team at 1-877-9COOKINA (266546).



## USE

Before using your COOKINA® Parchminum® for the first time, wash it in soapy water to remove any dust.

Your COOKINA® Parchminum® presentation and cooking sheet:

Can be used in a conventional oven, a toaster oven or a microware, as long as the temperature does not exceed 550°F (288°C).

Must never be in direct contact with a heating source such as a ceramic or halogen heating element, flames or burners.

Used with care, your COOKINA® Parchminum® presentation and cooking sheet will last a long time. Avoid using sharp utensils that could affect or damage the non-stick properties.

## COOKING

Your COOKINA® Parchminum® presentation and cooking sheet will not keep any odors or flavors from previous uses. You can therefore use it for a variety of different foods.

It is also interesting to note that your COOKINA® product can help reduce acrylamide on food.

## CARE

- Let your COOKINA® Parchminum® presentation and cooking sheet cool before cleaning it.
- For better results, soak your COOKINA® sheet before cleaning it and use the scour pad included.
- Hand wash in soapy water
- Do not use harsh chemicals, abrasive cleaning powders or scouring pads
- Dry with a soft cloth, paper towel or air dry.

## STORAGE

After using and cleaning your COOKINA® Parchminum® presentation and cooking sheet, make sure you store it flat or rolled in the COOKINA® Ring.

## WARRANTY

COOKINA products are guaranteed against faulty workmanship or materials. The COOKINA® Ring is our symbol of quality and authenticity and can be used to store your COOKINA® after use. This warranty does not include damages due to misuse and improper care. Stains, discolouration and scratches are not covered by this warranty. For more info, go to [www.cookina.co](http://www.cookina.co) or call us at 1-877-9COOKINA(266546).

## ARE COOKINA® PRODUCTS CHEAPER THAN ALUMINUM FOIL, PARCHMENT OR WAX PAPER ?

Yes, our non-stick products are much cheaper than using aluminum foil, parchment and wax paper because our products are reusable. If your COOKINA® discolours over time, don't worry: most non-stick products experience discolouration from food staining or exposure to heat with regular use.

## HOW WILL I KNOW WHEN IT'S TIME TO REPLACE MY COOKINA®?

When food starts to stick, it's time to buy another COOKINA®.

## HOW THICK IS THE NON-STICK COATING ON THE COOKINA® PRODUCTS?

Five (5) times thicker than on most non-stick frying pans; therefore COOKINA® is better, non-stick and longer lasting!





## CAN I USE BOTH SIDES OF COOKINA®?

Yes, all COOKINA® products are coated on both sides with non-stick material.

## WILL I HAVE TO CHANGE MY COOKING TIMES ?

No, our products all have excellent heat transfer qualities.

## **USING WITH...**

### CAN I USE COOKINA® PRODUCTS IN A NON-STICK PAN?

No problem. However it is very important that you do not overheat the pan and/ or liner.

### CAN I USE COOKINA® IN A MICROWAVE ?

Yes, either under or over whatever you are cooking in a microwave. It can even protect the bottom of your microwave.

### MY FRYING PAN AND SAUCEPANS ARE BADLY SCRATCHED; CAN I USE THEM WITH COOKINA®?

Yes, our products will extend the life of your utensils by many years.

## **CUTTING**

### CAN I CUT COOKINA®?

Yes, you can cut our products with scissors and customize to your needs.

### CAN I USE MY COOKINA® AS A CUTTING SURFACE?

No. Using sharp utensils will damage the product and could cut it.

## **HIGH TEMPERATURE**

### CAN COOKINA® BE DAMAGED BY HIGH TEMPERATURES?

Yes. A high temperature can burn food, producing stains and causing your COOKINA® to warp. In addition, overheating may result in a loss of non-stick performance. A moderate temperature is sufficient for cooking. COOKINA® can be used without being damaged up to a temperature of approximately 550°F (288°C). This is well above the temperature needed to cook or fry, so there is no problem when your COOKINA® is used for normal cooking. Only heating your COOKINA® to a very high temperature, with nothing on it, can cause damage.



## **IF COOKINA® IS ACCIDENTALLY OVERHEATED, ARE THERE HAZARDOUS FUMES?**

Any material heated high enough will give off fumes. You should never allow your COOKINA® to overheat. Fumes from overheated non-stick cookware, like your COOKINA®, do not adversely affect humans or household pets with the exception of birds. Since birds have particularly sensitive respiratory systems, they are susceptible to fumes in general. At high temperatures above 550°F (288°C), in case of overheating of your COOKINA®, the decomposition of PTFE may create gases that could be harmful for birds.

## **IS IT USEFUL TO COOK AT HIGH TEMPERATURES WITH MY COOKINA®?**

No. Cooking at high temperatures does not result in a significant decrease in cooking time and certainly does not contribute to the quality of the food, so cooking at medium temperatures is highly recommended. Another reason for this recommendation is that high temperature cooking might damage the non-stick coating of your COOKINA®.

## **WHY DO YOU RECOMMEND LOW TO MODERATE HEAT?**

COOKINA® is designed to radiate heat evenly throughout so high heat is not needed and may damage the surface. Cooking at the recommended temperature (low to moderate) allows food to cook thoroughly without burning or overheating. Damage due to overheating is not covered under the warranty. Heating non-stick cookware above 550°F (288°C) can discolor the surface of your COOKINA® or cause it to lose some of its non-stick properties. If an empty non-stick COOKINA® is accidentally heated above 662°F (350°C), a temperature that far exceeds what food preparation calls for, the non-stick coating may begin to deteriorate.

## **UP TO WHAT TEMPERATURE CAN I HEAT COOKINA®?**

You can heat COOKINA® without damaging it up to 550°F (288°C). In the case of use in a pan, we advise you to bake at a maximum capacity of 80%. Because there is no exact indication of the temperature on the stove, it is hard to determine when you might exceed 550°F (288°C).

## **PTFE**

### **WHAT IS YOUR COOKINA® MADE OF?**

It's a composite Fluoro Polymer plastic combining two extremely high-grade compounds coated and encapsulated around a fabric carcass, resulting in a tough, economical, flexible cooking sheet. The basic chemical component is PTFE.



## **WHAT IS PTFE?**

PTFE is chemically inert and non-toxic, although at a temperature of above 550°F (288°C) its quality begins to deteriorate and above 662°F (350°C) it will begin to evaporate. By way of comparison, butter and other fats used to bake and roast begin to scorch and smoke above 392°F (200°C). As a rule to prevent burning, meat should not be heated to more than 550°F (288°C). Cooking utensils placed empty on a heated cooking plate can reach temperatures of over 662°F (350°C). PTFE was approved to be used in cooking utensils. The research showed that any harm from vapours originating from the excessive heating of an empty pan is less than that of common oils and fats. In our daily life, PTFE is everywhere. In camping equipment and outdoor clothing, carpets and rugs, clothing, curling irons, dental floss, fast food containers, furniture, beds, gardening equipment, hair dryers, house paint, kitchen utensils, light bulbs, leashes and collars, prosthetic devices and reconstructive surgery — to name a few.

## **IS THE PTFE RECOGNIZED AS A HARMLESS SUBSTANCE?**

The competent health authorities in the USA, Canada, France, Japan and other countries have approved the use of PTFE on cookware like your COOKINA®. PTFE is actually an inert substance that does not react chemically on contact with food, water or detergents. It is widely used in the medical field. In fact, COOKINA® reduces ACRYLAMIDE on food.

## **PFOA**

### **WHAT IS "PFOA"?**

"PFOA" means (Perfluorooctanoic Acid) and is an agent used in the manufacturing of some PTFE.

### **DO COOKINA® PRODUCTS HAVE "PFOA" IN ITS "PTFE"?**

There is NO PFOA detected on any COOKINA® product.

## **SAFETY**

### **CAN PTFE DAMAGE MY HEALTH?**

No, trust in the safety of PTFE coated products is based on over 40 years of laboratory tests. What's more, the cooking sheets have been used worldwide without problems for many years, both in industrial and domestic applications. PTFE is a neutral material also implemented in the human body in various surgeries.

### **ARE THERE ANY FURTHER HEALTH CONCERNS TO BE OBSERVED WHEN COOKING WITH COOKINA®?**

NO! As long as you handle your COOKINA® with care:

1. Do not overheat it
2. Keep it clean after use
3. Do not use sharp utensils
4. Keep your COOKINA® away from heating element and below 550°F (288°C)
5. Do not overlap COOKINA® products

## WARRANTY

### DOES MY COOKINA® LAST A LONG TIME?

If treated with care, it will last a long time. Even if it's scratched accidentally with a metal utensil, it won't be damaged or flake. Scratches can affect its non-stick performance.

### WHAT DOES THE COOKINA® WARRANTY COVER?

COOKINA® is guaranteed against faulty workmanship or materials. The COOKINA® Ring is our symbol of quality and authenticity and can be used to store your COOKINA® after use. This warranty does not include damage due to misuse and improper care. Stains, discolouration and scratches are not covered by this warranty. For more info go to [www.cookina.co](http://www.cookina.co) or call us at 1-877-9COOKINA (266546). Or you can type [www.cookina.co/where-to-buy/store-locator](http://www.cookina.co/where-to-buy/store-locator) and enter your zip code for a list of retailers close to you.

## WHERE TO FIND?

### I CAN'T FIND COOKINA® PRODUCTS WHERE I LIVE. HOW CAN I BUY THEM?

Send us an e-mail ([quality@cookina.co](mailto:quality@cookina.co)) specifying your address, and you will be contacted either by one of our distributors or directly by us. Or you can type [www.cookina.co/where-to-buy/store-locator](http://www.cookina.co/where-to-buy/store-locator) and enter your zip code for a list of retailers close to you. We recommend calling the store to confirm that they have the item you are looking for in stock.

**Canada**  
**USA**  
**China**  
**Hong Kong**

236-3500 boul. Matte | Brossard (Quebec) J4Y 2Z2  
1 UPS Way | Champlain (New York) 12919  
138 Ciyang Road, Fengxian District | Shanghai, 201400  
Room 501, Tower 2, Lippo Centre, 89 Queensway | Hong Kong

## CUSTOMER EXPERIENCE

**1-877-9COOKINA (266546) | [quality@cookina.co](mailto:quality@cookina.co)**

Americas Europe

In compliance with

FDA

LFGB

UPC PARCHMINUM®: 688864265942  
Packaging in English, Spanish and French

## TOP 10 REASONS WHY EVERYTHING ELSE IS JUST A COPY !

1

### Parchminum® Technology

The new technology provides better heat transfer, offers a higher non-stick performance and the sheets are easier to clean. They can now all be used with metal utensils.



Higher non-stick performance



Better heat transfer



Can be used with metal utensils



Easier to clean



Resists heat up to 550°F or 288°C

2

### Holographic Parchminum® Security Seal

Every COOKINA® product comes with a new Security Seal. This is our guarantee that this product meets the highest standards of quality and safety.



Peel it off to find your unique registration code to authenticate your COOKINA® and to activate your warranty on our website.

### FIRST THING TO DO

BEFORE USING YOUR COOKINA®

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#### 2. [www.cookina.co/active](http://www.cookina.co/active)

#### 3. Enter your code

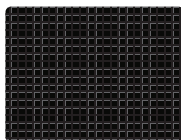


## 3 More PTFE liquid = Better Non-Stick Performance

You have to look for a shiny product. If you see or feel too much of the fiberglass sheet, it means there is less non-stick liquid, and the sheet will not perform as well. Around 60% of the weight of all COOKINA® products is composed of non-stick liquid, which is the most expensive component of production.



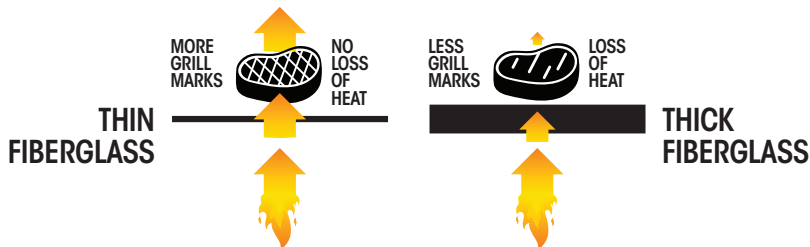
**SHINY SHEET =  
BEST NON-STICK  
PERFORMANCE**



**TEXTURED SHEET =  
POOR NON-STICK  
PERFORMANCE**

## 4 Thicker doesn't mean better

Product is composed of a fiberglass sheet coated with a non-stick liquid called PTFE. Don't be fooled by appearances. Thickness of the product has nothing to do with product performance. It just means the product has more fiberglass than non-stick liquid!



## 5 Always look for the "NO PFOA" mention

Perfluorooctanoic Acid (PFOA) is an agent used in the manufacturing of some low cost and dangerous PTFE. All COOKINA® products are tested and do not contain PFOA. Always ask the manufacturer to support their claim with laboratory tests. Companies that use PTFE liquid with low cost PFOA can sell less expensively, but their products do not meet the highest standards for health.



## 6 Only COOKINA® is certified for use up to 550°F

All COOKINA® products are certified for use at up to 550°F!  
We are the only one in the industry.



## 7 COOKINA® offers more than just a non-stick grilling sheet!

Research has proven that since COOKINA® products are reusable, the ring is the perfect item in which to store them. They become like utensils instead of being disposable. Consumers also appreciate the scouring pad that is included with each COOKINA® product. COOKINA® is the only alternative to aluminum foil, parchment and wax papers.



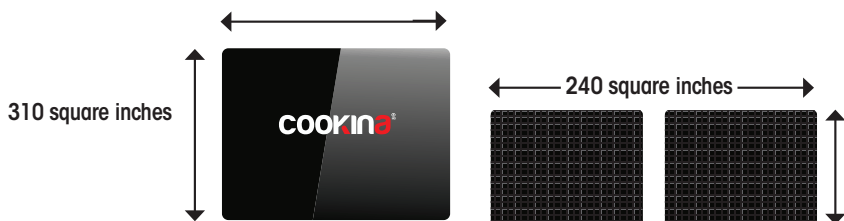
## The COOKINA® Ring Design™

Trends in the cookware industry show a clear increase in sales of brighter-colored cooking accessories! All COOKINA® products now come with a uniquely colored storage ring that shows pictograms of the different applications of the product as well as other valuable information. The email address for our first-rate customer experience team will also be indicated on the ring: [quality@cookina.co](mailto:quality@cookina.co)



## 8 Compare the cooking/grilling surface

Some companies claim to come in packs of two, but when you compare cooking surfaces, they have "on average", 30% less grilling/cooking surface. COOKINA® offers the largest grilling surface.



9

## COOKINA® merchandising

From promotional items to counter tray packs to eye-catching floor displays, we constantly innovate to bring the best items for merchandising COOKINA® products.



Easy to install  
pop-up display



YouTube

See THE PRODUCT in action  
[youtube.com/user/CookinaCo](https://youtube.com/user/CookinaCo)

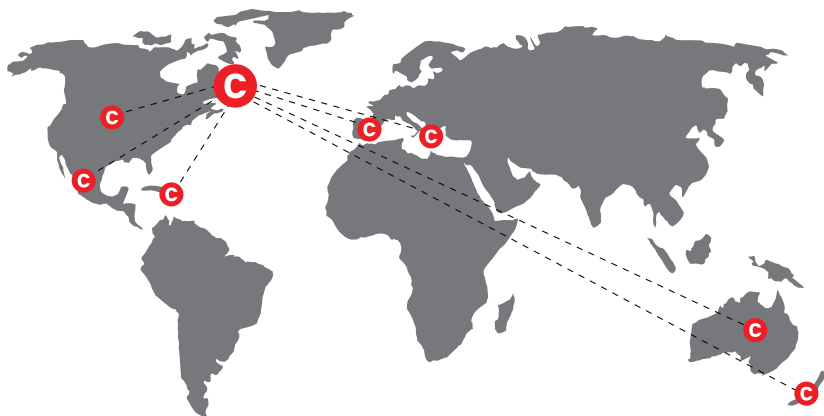
10

## The COOKINA® brand

Through highly effective public relations, social media and TV advertising campaigns, and through its high-quality merchandising efforts, COOKINA® is selling more than a product; it is building a great brand! We will always stand by our brand!

## Worldwide distribution

COOKINA® is growing everyday and is now available in over 20,000 stores in 9 countries.



## CANADA



### Cityline



### ARGENT



### ÇA COMMENCE BIEN!



**Bring mom a Nutella crepe**  
It's easy to make.

**RECIPE**

Ingredients: 1/2 cup Nutella, 1/2 cup milk, 1/2 cup flour, 1/2 cup oil, 1/2 cup sugar, 1/2 cup vanilla extract, 1/2 cup salt.

Instructions: 1. In a large bowl, whisk together the flour, sugar, and salt. 2. Add the milk and vanilla extract. 3. Stir in the Nutella and oil. 4. Cook on a griddle over medium heat.



**Cool Stuff**

Check out the new grilling sheet from Cookina. It's the perfect solution for those who want to grill without the mess. The sheet is made of a special material that allows you to grill without the need for oil or butter. It's also easy to clean and reuse.

**FP MONTREAL**

**Cookina develops recipe for success**

FP Montreal is proud to feature Cookina's new grilling sheet. The sheet is made of a special material that allows you to grill without the need for oil or butter. It's also easy to clean and reuse.

**OTTAWA CITIZEN**

**Reusable sheets make grilling easy**

The Ottawa Citizen is proud to feature Cookina's new grilling sheet. The sheet is made of a special material that allows you to grill without the need for oil or butter. It's also easy to clean and reuse.

**styleathome blog**

Editor's pick: cookina sheets

Check out the new grilling sheet from Cookina. It's the perfect solution for those who want to grill without the mess. The sheet is made of a special material that allows you to grill without the need for oil or butter. It's also easy to clean and reuse.

**best health**

Reader's Digest



**COOKING WITH COOKINA** has in time for barbecue season.

The innovative grilling sheet is reusable, irreplaceable and guarantees that nothing gets lost in the grill.

As an alternative to aluminum foil, these sheets make sure the only thing you need to worry about is flipping your food – we're here to help you with that.

The non-stick surface allows food to cook to perfection without sticking to the grill, so you can enjoy the food without the mess.

It's affordable, easy to use, and it's the perfect solution for those who want to grill without the mess. Check out Cookina's new grilling sheet.

**best health**

Happy Holidays!

**best health**

Happy Holidays!

**mom's stuff**

Check out the new grilling sheet from Cookina. It's the perfect solution for those who want to grill without the mess. The sheet is made of a special material that allows you to grill without the need for oil or butter. It's also easy to clean and reuse.



**food & drink etc.**

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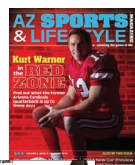
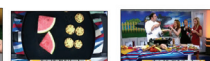
USA



The New York Times



San Francisco Chronicle





|                       |                         | cookina®<br>barbecue                           | cookina®<br>cuisine                             | cookina®<br>GARD                                  | cookina®<br>Parchminum                          |
|-----------------------|-------------------------|--|---|---|---|
| APPLICATION           |                         | REUSABLE COOKING SHEET                         |   |   |   |
|                       |                         | REUSABLE GRILLING SHEET                        | REUSABLE COOKING SHEET                          | OVEN PROTECTOR                                    | REUSABLE PRESERVATION & COOKING SHEET           |
| FEATURES AND BENEFITS | BBQ                     | ✓  |   |   |   |
|                       | Smoker                  | ✓  |   |   |   |
|                       | Oven                    |  | ✓   | ✓   | ✓   |
|                       | Toaster Oven            |  | ✓   | ✓   | ✓   |
|                       | Microwave               |  | ✓   | ✓   | ✓   |
|                       | Point Grill             |  | ✓   |   | ✓   |
|                       | Preservation            |  |   |   | ✓   |
|                       | 100% Non-stick          | ✓  | ✓   | ✓   | ✓   |
|                       | Easy to clean           | ✓  | ✓   | ✓   | ✓   |
|                       | Easy to store           | ✓  | ✓   | ✓   | ✓   |
| TESTED                | Deepfreeze Safe         | ✓  | ✓   | ✓   | ✓   |
|                       | Holds moisture & flavor | ✓  | ✓   | ✓   | ✓   |
|                       | Reusable                | ✓  | ✓   | ✓   | ✓   |
|                       | Reversible              | ✓  | ✓   | ✓   | ✓   |
|                       | 550°F / 298°C           | ✓  | ✓   | ✓   | ✓   |
|                       | Parchminum Technology   | ✓  | ✓   | ✓   | ✓   |
|                       | Indirect Cooking        | 15.75 x 19.68 (2' 15.50 FT)<br>40 x 50 (0.2m²) | 15.75 x 20.62 (2' 58.50 FT)<br>40 x 60 (0.24m²) | 18.75 x 22.83 (2' 4.67 50 FT)<br>40 x 58 (0.22m²) | 11.81 x 15.75 (1' 29.50 FT)<br>30 x 40 (0.12m²) |
|                       | Panini                  |  |   |   | ✓   |
|                       | Roast (America)         | ✓  | ✓   | ✓   | ✓   |
|                       | Grill (Europe)          | ✓  | ✓   | ✓   | ✓   |
| CONTENT OF PACKAGING  | America                 | ✓  | ✓   | ✓   | ✓   |
|                       | Asia                    | ✓  | ✓   | ✓   | ✓   |
|                       | COOKINA Bag             | ✓  | ✓   | ✓   | ✓   |
| TESTED                | Induction Stove         | ✓  | ✓   | ✓   | ✓   |
|                       | Slow Cooker             | ✓  | ✓   | ✓   | ✓   |

| COOKINA®<br>barbecue  |   | COOKINA®<br>Parchminum        |                               | COOKINA®<br>club  |
|-----------------------|---|-------------------------------|-------------------------------|---|
| GRILLING BAG          |   | COOKING BAG                   |                               | ONLY FOR INTERIOR, TV & OUTDOOR<br>ELEGANT GRILLING SHEET<br>ELEGANT GRILLING SHEET<br>OVER PROTECTOR |
| BBQ                   | ✓ |                               |                               | ✓   |
| Stoker                | ✓ |                               |                               | ✓   |
| Oven                  |   | ✓                             |                               | ✓   |
| Toaster Oven          |   | ✓                             |                               | ✓   |
| Microwave             |   | ✓                             |                               | ✓   |
| Panini Grill          |   | ✓                             |                               | ✓   |
| Presentation          |   |                               |                               |   |
| 100% Non-stick        | ✓ | ✓                             |                               | ✓   |
| Easy to clean         | ✓ | ✓                             |                               | ✓   |
| Easy to fit size      |   |                               |                               | ✓   |
| Chimney Side          | ✓ | ✓                             |                               | ✓   |
| Hook holder or flange | ✓ | ✓                             |                               | ✓   |
| Reusable              | ✓ | ✓                             |                               | ✓   |
| Reusable              |   |                               |                               | ✓   |
| 500°F / 260°C         | ✓ | ✓                             |                               | ✓   |
| Parchminum Technology |   |                               |                               | ✓   |
| 100% Non-stick        | ✓ | 7.97 x 11.81<br>19.95 x 29.98 | 7.97 x 11.81<br>19.95 x 29.98 | 15.75 x 59.05 (6.48 SQ FT)<br>40.1 (10.0 dm²)   |
| Premium               | ✓ |                               | ✓                             | ✓   |
| 100% Non-stick        | ✓ |                               | ✓                             | ✓   |
| USA (Europe)          | ✓ |                               | ✓                             | ✓   |
| Atmos                 | ✓ |                               | ✓                             | ✓   |
| Also                  | ✓ |                               | ✓                             | ✓   |
| Europe                | ✓ |                               | ✓                             | ✓   |
| COOKINA® Ring         | ✓ |                               | ✓                             | ✓   |
| Presentation Sheet    | ✓ |                               | ✓                             | ✓   |
| Score Pad             | ✓ |                               | ✓                             | ✓   |



**GRILL**



**BAKE**



**PROTECT**



**CLUB**



**GRILLING BAGS**



**COOKING BAG**

## CUSTOMER EXPERIENCE

**1-877-9COOKINA (266546) | [quality@cookina.co](mailto:quality@cookina.co)**

**Canada** 236-3500 boul. Matte | Brossard (Quebec) J4Y 2Z2  
**USA** 1 UPS Way | Champlain (New York) 12919  
**China** 138 Ciyang Road, Fengxian District | Shanghai, 201400  
**Hong Kong** Room 501, Tower 2, Lippo Centre, 89 Queensway | Hong Kong

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