

# cookina<sup>®</sup> MD

Tested in laboratory  
NO PFOL & BPA



PROTECT

EVERYTHING ELSE  
IS JUST A COPY!

THE AUTHENTIC  
**cookina**  
*Parchminum*  
technology

Contains at least

**52%**  
NON-STICK  
liquid

## INSTRUCTIONS BOOKLET



# cookina<sup>®</sup> MD

GARD

[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 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. You will receive at least \$40 in COOKINA® coupons and exclusive offers.

## FIRST THING TO DO BEFORE USING YOUR COOKINA®

1.



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

3. Enter your code

- Reusable and reversible
- Oil- 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.



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

## THANK YOU FOR CHOOSING COOKINA®.

To ensure a long-lasting 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 customer support at 1-877-9COOKINA (266546). COOKINA® looks like a sheet of plastic except that it is heat-resistant and it won't burn.

Please read these instructions carefully prior to using this COOKINA® product. Improper placement or use of this product may cause permanent damage to your oven.



## 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®.

## CAN I USE BOTH SIDES OF COOKINA®?

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

## USING WITH...

### CAN COOKINA® BE USED IN A FAN OVEN ?

Yes, it is a heavy duty grade product that can be cut to the size of your oven and will not flap/fly away in a fan oven. If your heating element is under the bottom / sole plate of your oven then you should use COOKINA® on the bottom removable shelf. This will then allow the heating element to work correctly. Do not allow COOKINA® to come into contact with either the gas flame or electric heating element.

### 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.

## CUTTING

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

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

## **CAN I CUT COOKINA®?**

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

## **EASY MAINTENANCE**

### **CAN I USE THIS COOKINA® GARD IN CONJUNCTION WITH ALUMINUM FOIL?**

No, do not use either product with foil.

### **SHOULD I USE THE COOKINA® GARD DURING THE OVEN'S SELF-CLEANING MODE WITH PRODUCT IN OVEN?**

No, remove product first.

### **WHAT IS THE PROPER PLACEMENT OF COOKINA® GARD FOR ELECTRIC OVENS WITH NO VISIBLE HEATING ELEMENT ON THE BOTTOM OF THE OVEN?**

Place on the bottom wire rack of the oven - NOT on the bottom surface of the oven. To ensure heat circulation, trim the product to fit within the wire rack. Rack should be at least five inches from the bottom of the oven. You may place baking dishes and pans directly on the product.

### **WHAT IS THE PROPER PLACEMENT OF COOKINA® GARD FOR ELECTRIC OVENS WITH A VISIBLE HEATING ELEMENT ON THE BOTTOM OF THE OVEN?**

Place on the bottom of the oven but keep it at least an inch below all parts of the element.

### **WHAT IS THE PROPER PLACEMENT OF COOKINA® GARD FOR GAS OVENS?**

Place on the bottom wire rack of the oven - NOT on the bottom surface of the oven. Do not cover or block any holes inside the oven. To ensure heat circulation, trim the product to fit within the wire rack. Rack should be at least five inches from the bottom of the oven. You may place baking dishes and pans directly on the product.

## **HOW TO CLEAN YOUR COOKINA®?**

Cleaning it by hand in soapy water is enough. Your COOKINA® must not be cleaned with scouring powders. For better results soak your COOKINA® before washing and use the scour pad included.

## **USE AND CARE INSTRUCTIONS**

Before using for the first time, wash your COOKINA® with warm soapy water to remove dust. Wash and dry your COOKINA® after each use; let your COOKINA® cool before cleaning. Wash your COOKINA® in warm soapy water. Do not use harsh chemicals, abrasive cleaning powders or scouring pads. Dry with a soft cloth or paper towel. For better results soak your COOKINA® before washing and use the scour pad included.

## 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. Use only low to medium heat with your COOKINA® at all times. A moderate temperature is sufficient for cooking. COOKINA® can be used without being damaged up to a temperature of approximately 288°C (550°F). 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 288°C (550°F), in case of overheating of your COOKINA®, the decomposition of PTFE may create gases that could be harmful for birds.

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

You can heat COOKINA® without damaging it up to 288°C (550°F).

## 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 a chemical connection that was discovered in 1938 by Roy Plunkett of the DuPont company. PTFE was introduced as a commercial product in 1949. In 1954, the French engineer Marc Grégoire created the first pan coated with PTFE. PTFE is a plastic with the lowest friction coefficient. It is used as non-stick layer in all sorts of pans. PTFE is particularly non-reactive and consequently is used in all kinds of applications, from medicine to storage and transport of reactive chemicals. PTFE is chemically inert and non-toxic, although at a temperature of above 288°C (550°F) its quality begins to deteriorate and above 350°C (662°F) it will begin to evaporate. By way of comparison, butter and other fats used to bake and roast begin to scorch



and smoke above 200°C (392°F). As a rule to prevent burning, meat should not be heated to more than 288°C (550°F). Cooking utensils placed empty on a heated cooking plate can reach temperatures of over 350°C (662°F). After research conducted in 1959 by the American FDA, 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. PTFE does not break down, is cumulative, and can be found in the environment, wildlife and bloodstream of humans. In our daily life, PTFE is everywhere. In anti-wrinkle creams and treatments, auto engine parts, camping equipment and outdoor clothing, carpets and rugs, clothing, computer chips, curling irons, dental floss, electrical insulation, fast food containers, furniture, beds, gardening equipment, hair dryers, house paint, kitchen utensils, light bulbs, luggage, medicine containers, microwave popcorn bags, pet bedding, leashes and collars, prosthetic devices and reconstructive surgery, razor blades and shaving foam, solar panel coatings, eyewear with scratch-resistant lenses, stain repellents, surgical instruments, and umbrellas — 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.

### IS PTFE SAFE TO USE ?

This product is FDA approved and has been used in commercial applications for more than 40 years. This type of material has been used by every fast food restaurant, bread producer and numerous other commercial food producers since the early 1960s.

## **IS IT DANGEROUS TO ACCIDENTALLY EAT A PIECE OF THE NON-STICK COATING FROM MY COOKINA®?**

The coating is designed not to flake in normal use. If COOKINA® is treated poorly and a particle of coating is inadvertently swallowed, there is no danger. The particles are not toxic (PTFE is harmless to your health). They will be passed without being absorbed, like any fibre.

## **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 your COOKINA® out of the flames and below 260°C (500°F)

## **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 do 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/map](http://www.cookina.co/map) and enter your zip code for a list of retailers close to you.

## **CARE & USE**

- Wash thoroughly with water before first use
- Wipe clean with a damp cloth or wash in warm soapy water
- Do not use scouring agents
- Do not fold or crease
- Easily cuts to size
- Can be used on both sides

## **WARNING**

- Not for commercial use
- Do not place in direct contact with flames, burners or heating elements
- Do not use above 550°F (288°C)
- Remove before using the self-cleaning feature on your oven

## FOR ELECTRIC OVENS WITH NO VISIBLE ELEMENT:

Place on the lower rack (not on the bottom surface of the oven)

## FOR ELECTRIC OVENS WITH A VISIBLE ELEMENT:

Place under the element

## FOR GAS OVENS:

Place on the lower rack and do not cover or block open holes inside oven

If in doubt, please consult your oven manufacturer

### Canada

### USA

### Mailing / Billing

### China

236-3500 boul. Matte | Brossard (Quebec) J4Y 2Z2

1 UPS Way | Champlain (New York) 12919

CP 24537, CSP Rome | Brossard (Quebec) J4W 3K9

15F Office A09, No 39 Yile Road | Hangzhou (Zhejiang) 310012

### CUSTOMER SUPPORT

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

Americas Europe

In compliance with

FDA

LFGB

## 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

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Peel it off to find your unique registration code to authenticate your COOKINA® and to activate your warranty on our website. You will receive at least \$200 in COOKINA® coupons and exclusive offers.



### FIRST THING TO DO

BEFORE USING YOUR COOKINA®

1.



XXXXXXXXXXXX

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

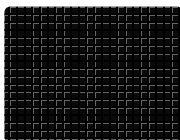
3. Enter your code

### 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.



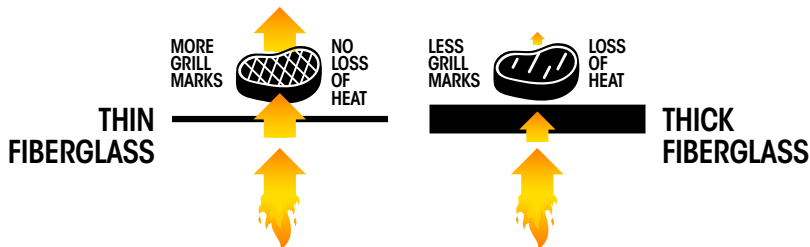
**SHINY SHEET =  
BEST NON-STICK  
PERFORMANCE**



**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 for aluminum foil, parchment and wax papers.



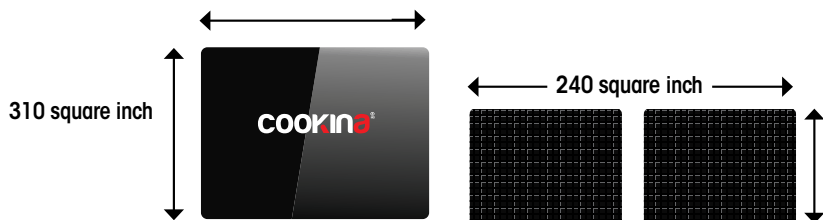
### The COOKINA® Ring Design™

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 service 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)

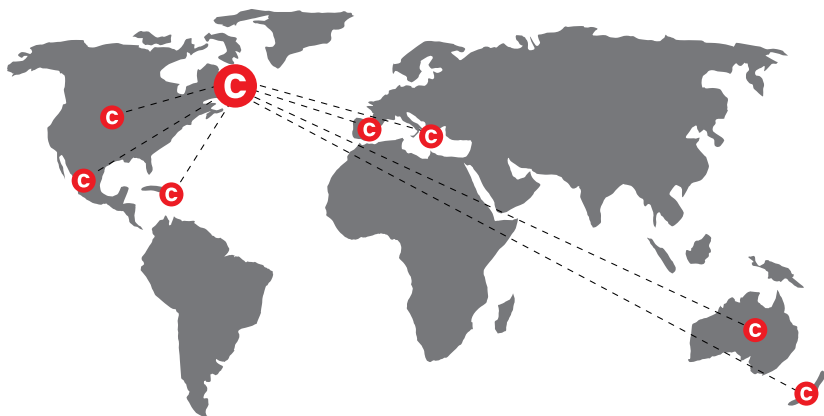
10

## 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

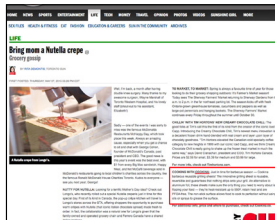
COOKINA® is growing everyday and is now available in over 12,000 stores in 8 countries.



## CANADA



### Cityline



### ARGENT



### ÇA COMMENCE BIEN!



USA



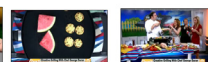
The New York Times



San Francisco Chronicle



the couch



TODAY



WLWT 5



4 NEW YORK



FOX 32







**PRESENT**



**GRILL**



**BAKE**



**PROTECT**



**CLUB**

## CUSTOMER SUPPORT

**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** 15F Office A09, No. 39 Yile Road | Hangzhou (Zhejiang) 310012

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