

MEC - A Healthy Cookware Brand Causing A Substantial Positive Impact on the Environment & Your Kitchen's Sustainability

Miriams Earthen Cookware (MEC) - a company based in USA, makes pots and pans from all-natural primary clay that are healthy for cooking food as well as for the environment. They are a must have for a sustainable kitchen.



Dedham, Massachusetts Feb 7, 2022 ([Issuewire.com](http://www.issuewire.com)) - Miriams Earthen Cookware makes healthy pots and pans while also keeping the health of the environment in mind. Each piece handcrafted at MEC is eco-friendly from start to finish.

Implementing eco-friendly practices in the kitchen goes a long way in achieving a sustainable lifestyle. For example, saving energy while cooking can bring a huge change in the overall energy consumption of households. In the United States alone, household cooking utilizes as much as 690 million GJ of energy in a single year [http://www.fraw.org.uk/data/simplicity/hager_2013.pdf]. Therefore, switching to energy-efficient cookware can be a lifesaver for rapidly depleting natural resources used for cooking.

One US-based company's mission is to provide truly green cookware for household use. This company, Miriam's Earthen Cookware (MEC), has been making pots and pans from an all-natural material (lab-tested primary clay) that is environmentally beneficial in all aspects: from production to disposal. Keep reading to learn why MEC is better than the conventional.

How Conventional Cookware can be Damaging to the Environment

Conventional cookware made from metals or ceramics causes environmental damage in various ways.

For example, the metal industry alone accounts for 12% of global industrial sector energy use. From releasing pollutants during production to leaving loads of non-biodegradable waste, these disrupt the ecosystem at every stage ([read how](#)). In the kitchen, smart use of the stove at lower heat can reduce energy consumption. However, lower heat with conventional cookware may prolong cooking -- doubling or even tripling the necessary time. Instead, a new alternative altogether would be to choose more energy-efficient cookware. Here's how MEC accomplishes this level of efficiency:

How is MEC Green in the Making and in Use?

Miriam's Earthen Cookware's raw material is fully renewable, and the manufacturing process releases no pollutants or contaminants. This cookware is shipped carbon neutral, and these pots and pans are green in use, too. This is what we can call [sustainable cookware](#) through and through.

MEC saves energy by cooking with earthen far-infrared heat. This unique heat penetrates deep into food, thereby cooking it thoroughly in less time. The unique heat retention of pure, primary clay also means that you can cook food passively for a sizable amount of the cooking process. On top of that, MEC doesn't need toxic coatings like PTFE and PFOA that may release toxic fumes when heated (like Teflon pans). It becomes [naturally non-stick](#) after a few uses as it is [fully seasoned](#).

Moreover, at the end of their useful lifecycle, they can be reused in diverse ways ([learn more](#)), and even after that, they are fully compostable. They come from the earth and go back to it after sharing their goodness and health value for years.

Choosing MEC takes a large leap in creating a sustainable household, which is why making this small change can get a lot done for your quest towards sustainable living. Looking to hit refresh on your kitchen and turn it green this new year? Head over to MEC's [online store](#) and get your [eco-friendly cookware](#) today!



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