

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [GreenLife](#) /

› [GreenLife Soft Grip 16 Piece Cookware Set Instruction Manual](#)

## GreenLife CC005487-001

# GreenLife Soft Grip 16 Piece Cookware Set

MODEL: CC005487-001 | BRAND: GREENLIFE

## Introduction

The GreenLife Soft Grip 16 Piece Cookware Set is designed for comfort, control, and effortless performance. This set features a toxin-free Thermolon ceramic nonstick coating, free of PFAS, PFOA, lead, and cadmium, ensuring healthier cooking. The ceramic nonstick is produced with 60% less CO2 emissions during the curing phase compared to traditional coatings. Crafted with recycled materials, this cookware set includes stay-cool handles for comfortable use and durable glass lids for monitoring food without heat loss. It is compatible with all stovetops except induction and is oven safe up to 350°F. The set is also dishwasher safe for convenience, though hand washing is recommended to preserve the finish.



Image: A GreenLife Soft Grip frying pan with an egg cooking, emphasizing the healthy ceramic nonstick features.

## What's Included

This comprehensive 16-piece cookware set provides essential tools for a variety of cooking tasks:

- 4-inch Mini Frying Pan
- 7-inch Open Frying Pan
- 9.5-inch Open Frying Pan

- 1-quart Covered Saucepan with Lid
- 2-quart Covered Saucepan with Lid
- 5-quart Covered Stockpot with Lid
- 2.5-quart Covered Sauté Pan with Lid
- 7-inch Stainless Steel Steamer
- 4 Kitchen Utensils (various types)



Image: An overhead view of the complete 16-piece GreenLife Soft Grip cookware set, showcasing all included items.

## Setup & First Use

Before first use, wash all cookware pieces with warm, soapy water and a soft sponge. Rinse thoroughly and dry completely. To ensure optimal nonstick performance and longevity, follow these steps:

1. **Preheat:** Place the pan on the stovetop over moderate heat for approximately 90 seconds.
2. **Add Fat:** Add a small amount of cooking oil or butter to the preheated pan. Avoid using cooking sprays, as they can leave a residue that may affect the nonstick coating over time.
3. **Begin Cooking:** Once the oil is shimmering or butter is melted, you can begin cooking.

## Operating Instructions

---

The GreenLife Soft Grip cookware is designed for efficient cooking. Follow these guidelines for best results:

- **Heat Settings:** Use low to medium heat settings for most cooking. The ceramic nonstick coating heats efficiently, making high heat unnecessary and potentially damaging to the coating and handles.
- **Utensil Compatibility:** Always use non-stick compatible utensils, such as silicone, wood, or nylon, to prevent scratching the ceramic nonstick surface. Metal utensils are not recommended.
- **Stay-Cool Handles:** The Bakelite handles are designed to remain cool to the touch during stovetop cooking, providing a comfortable and secure grip.
- **Wobble-Free Bases:** Reinforced bases provide stability and promote even heat distribution for consistent cooking results.

# STAY-COOL ON THE STOVETOP

Delivers maximum comfort for easy transferring



Image: A close-up of a GreenLife Soft Grip frying pan on a stovetop, highlighting the stay-cool handle design.

## Care & Maintenance

---



Proper care will extend the life and performance of your GreenLife Soft Grip cookware:

- **Cleaning:** The cookware features rivetless interiors, making cleanup easy. While the set is dishwasher safe, hand washing with warm, soapy water and a soft sponge is recommended to preserve the nonstick finish over time.
- **Stubborn Residue:** For any stubborn food residue, soak the pan in warm, soapy water for a few minutes before cleaning. Avoid abrasive cleaners or scouring pads.
- **Storage:** To prevent scratches, place a soft cloth or paper towel between stacked pans during storage.

## EASY TO CLEAN & DISHWASHER SAFE



Image: A GreenLife Soft Grip frying pan being hand-washed in a sink, demonstrating the ease of cleaning.

### Safety Information

- **Oven Safety:** This cookware is oven safe up to 350°F (176°C).
- **Stovetop Compatibility:** Suitable for all stovetops EXCEPT induction.
- **Material Safety:** The Thermolon nonstick coating is free of PFAS, PFOA, lead, and cadmium.
- **Glass Lids:** Tempered glass lids allow for safe monitoring of cooking progress. Avoid sudden temperature changes to prevent breakage.

# TEMPERED GLASS LID

Watch your meal's progress without sacrificing heat



Image: A GreenLife Soft Grip frying pan containing a baked dessert, positioned on an oven rack, illustrating its oven-safe feature.

## Specifications

Brand	GreenLife
Model Number	CC005487-001
Material	Ceramic
Color	Turquoise
Number of Pieces	16
Handle Material	Bakelite
Lid Material	Glass
Dishwasher Safe	Yes

Oven Safe Temperature	Up to 350°F (176°C)
Induction Compatible	No
Material Type Free	Bisphenol-A (BPA) Free, Cadmium Free, Lead Free, PFAS Free, Perfluorooctane Sulfonate (PFOS) Free
Item Weight	14.72 pounds
Product Dimensions	13.2 x 10.4 x 21.5 inches

## Troubleshooting

- **Food Sticking:** Ensure the pan is properly preheated and a small amount of oil or butter is used. Avoid cooking sprays. Overheating can also degrade the nonstick surface over time.
- **Handle Discoloration/Damage:** This can occur if the cookware is exposed to excessively high heat, especially with gas stoves where flames extend beyond the base of the pan. Always ensure the flame size matches the base of the pan and avoid using very high heat.
- **Scratches on Nonstick Surface:** Always use non-metal utensils (silicone, wood, nylon) to prevent scratching. Avoid abrasive cleaning tools.

## Warranty & Support

For specific warranty details and customer support, please refer to the documentation included with your product or visit the official GreenLife website. Keep your proof of purchase for any warranty claims.

## Product Videos

### GreenLife Soft Grip Healthy Ceramic Nonstick 16 Piece Cookware Set Overview

This video provides a detailed overview of the GreenLife Soft Grip Healthy Ceramic Nonstick 16 Piece Cookware Set, showcasing its various components and features. It highlights the nonstick properties, ease of cleaning, and overall design of the set.

### Soft Grip 16 Piece Set with Chef Ben

Join Chef Ben as he demonstrates the features and benefits of the GreenLife Soft Grip 16 Piece Cookware Set. This video offers practical insights into using the cookware for everyday meals, emphasizing its nonstick capabilities and user-friendly design.