



[Manuals.plus](#) /

› [GreenLife](#) /

› GreenLife Soft Grip 16-Piece Ceramic Non-Stick Cookware Set Instruction Manual

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Model: Soft Grip 16-Piece Cookware Set | Brand: GreenLife

1. INTRODUCTION

Thank you for choosing the GreenLife Soft Grip 16-Piece Ceramic Non-Stick Cookware Set. This set is designed for comfortable and efficient cooking, featuring a healthy ceramic non-stick coating free from PFAS, PFOA, lead, and cadmium. The cookware bodies are crafted from a minimum of 65% recycled aluminum, reflecting a commitment to environmental responsibility. Please read this manual thoroughly before first use to ensure optimal performance and longevity of your cookware.



Image: The complete GreenLife Soft Grip 16-Piece Ceramic Non-Stick Cookware Set in Lavender.

2. COMPONENTS INCLUDED

Your GreenLife Soft Grip 16-Piece Cookware Set includes the following items:

- 12 cm Mini Frying Pan
- 18 cm Frying Pan
- 24 cm Frying Pan
- 15 cm / 1.1 L Saucepan with Lid
- 18 cm / 1.9 L Saucepan with Lid
- 22 cm / 4.8 L Stockpot with Lid
- 24 cm / 2.4 L Sauté Pan with Lid
- 16-18 cm Stainless Steel Steamer
- 4 Multi-purpose Kitchen Utensils



THE 16-PIECE SET INCLUDES



12.7 CM MINI FRYING PAN

18 CM & 24 CM FRYING PANS

4.7 L STOCK POT WITH LID

1 L & 1.8 L SAUCEPANS WITH LIDS

2.4 L SAUTÉ PAN WITH LID

4 MULTI-PURPOSE UTENSILS & 18 CM STAINLESS STEEL STEAMER

Image: A visual representation of all 16 pieces included in the cookware set.

3. INITIAL SETUP AND FIRST USE

3.1 Unpacking and Initial Cleaning

1. Carefully unpack all items and remove any packaging materials.
2. Wash each piece of cookware with warm, soapy water using a soft sponge or cloth.
3. Rinse thoroughly and dry completely.

3.2 Preparing for First Use

While GreenLife ceramic non-stick cookware does not require traditional seasoning, following these steps can help optimize its performance:

1. Heat each pan on low heat for 30 seconds.
2. Add one tablespoon of cooking oil (e.g., vegetable, canola, or refined olive oil). Avoid aerosol cooking sprays as they can leave a residue that affects non-stick performance.
3. Spread the oil over the entire non-stick surface with a paper towel.
4. Remove the pan from heat and let it cool completely. Wipe off any excess oil.

4. OPERATING INSTRUCTIONS

4.1 Stovetop Use

- **Heat Settings:** Always use low to medium heat. The ceramic non-stick coating conducts heat efficiently, so high heat is rarely necessary and can damage the coating over time.
- **Stovetop Compatibility:** This cookware set is suitable for all stovetops **EXCEPT INDUCTION**.
- **Oil Usage:** A small amount of oil or butter is recommended for flavor and to enhance cooking performance. Do not use aerosol cooking sprays.
- **Utensils:** Use wooden, silicone, or nylon utensils to protect the non-stick surface. Metal utensils may scratch the coating.



Image: A GreenLife pan on a stovetop, illustrating compatibility with all hob types except induction.

4.2 Oven Use

- This cookware is oven safe up to 160°C (320°F).
- Always use oven mitts when handling hot cookware.

HANDLE THE HEAT



OVEN SAFE UP TO 160°C
Suitable for All Hobs, Except Induction

Image: A pan containing a baked dish, demonstrating its oven-safe capability.

4.3 Stay-Cool Handles

The Soft Grip bakelite handles are designed to remain cool to the touch during stovetop cooking, providing maximum comfort and safety. However, always exercise caution and use oven mitts when cooking for extended periods or at higher temperatures, especially when transferring from oven to stovetop.



SAFE & SECURE GRIP

SOFT GRIP BAKELITE HANDLES
Designed to Stay Cool for Maximum Comfort

Image: A pan on a stovetop with food cooking, showcasing the comfortable, stay-cool handle.

5. CARE AND MAINTENANCE

5.1 Cleaning

- **Dishwasher Safe:** This cookware is dishwasher safe for convenience.
- **Hand Washing:** For best results and to prolong the life of the non-stick coating, hand washing is recommended. Use warm, soapy water and a soft sponge or cloth.
- **Cool Down:** Always allow cookware to cool completely before washing to prevent warping and thermal shock to the non-stick surface.
- **Stubborn Food:** For stubborn food residues, soak the pan in warm, soapy water for a few minutes before cleaning. Avoid abrasive cleaners or scouring pads.



EASY TO CLEAN

DISHWASHER SAFE

Wipe Messes Away or Toss in the Dishwasher

Image: A pan being hand-washed in a sink, demonstrating ease of cleaning.

5.2 Storage

When storing your cookware, especially when stacking, place a soft cloth or pan protector between each piece to prevent scratches to the non-stick surface.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Food sticking to the pan	Too high heat, insufficient oil, or residue from cooking sprays.	Use low to medium heat. Add a small amount of cooking oil. Avoid aerosol cooking sprays. Ensure pan is clean before use.

Problem	Possible Cause	Solution
Pan does not heat on induction stovetop	This cookware set is not compatible with induction stovetops.	Use on gas, electric, or ceramic stovetops only. This set is explicitly designed without induction compatibility.
Discoloration or stains on the non-stick surface	Overheating, mineral deposits from water, or certain foods.	Clean thoroughly after each use. For stubborn stains, create a paste of baking soda and water, apply, let sit for a few minutes, then gently scrub with a soft sponge. Rinse well.
Handles become hot during cooking	Prolonged high heat exposure or oven use.	While handles are designed to stay cool on stovetops, always use oven mitts when cooking for extended periods, at higher temperatures, or when using in the oven.

7. PRODUCT SPECIFICATIONS

Brand	GreenLife
Model	Soft Grip 16-Piece Cookware Set
Color	Lavender
Material	Aluminum (cookware bodies), Ceramic (non-stick coating), Glass (lids), Silicone/Rubber (handles)
Number of Pieces	16
Non-Stick Coating	Healthy Ceramic, PFAS-free, PFOA-free, Lead-free, Cadmium-free
Oven Safe Temperature	Up to 160°C (320°F)
Dishwasher Safe	Yes
Stovetop Compatibility	Gas, Electric, Ceramic (Not Induction Compatible)
Recycled Content	Minimum 65% recycled aluminum (cookware bodies)
Item Weight	14 pounds (approx. 6.35 kg)
Item Volume	10.5 Liters
UPC	885837016284
ASIN	B07GWNZ77D

8. WARRANTY AND SUPPORT

GreenLife products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty information provided with your purchase or visit the official GreenLife website. If you encounter any issues or have questions regarding your cookware set, please contact GreenLife customer support for assistance.

You can often find support information and FAQs on the [GreenLife Brand Store on Amazon](#).

