

While you remember to change your bedsheets and the covers on your sofa frequently and regularly replace your toothbrush, when was the last time you bought a new pan or plastic container for your kitchen? Kitchen equipment needs to be replaced more often than you think and it's extremely important to do so, because everything that is used in your kitchen comes in contact with the food that you eventually consume. So, if it is dirty, unhygienic, or old, you're at risk of consuming germs and harmful chemicals. Take a look at what products you should replace or throw out immediately,

POTS & PANS

Replace pots and pans regularly, especially if they are non-stick. It's a good habit to maintain things well, so that they last for years. However, non-stick pans react to extreme heat and can actually release toxic fumes if they are heated too much. They also get scratched very easily and the more scratched the pan is, the more toxic fumes are released when you use it. Replace your pans every few years to avoid ingesting these toxic chemicals.

BRUSHES

Whether you use them to brush oil over your roasts, grease cake tins or simply when you're grilling, you should get a new brush every six months. If you want to be super safe, replace it every three months. The bristles on old brushes get loose, which means that when you use them, small particles of the brush will fall into your food, without you even realising it.

PLASTIC BOXES & BOTTLES

Plastic, in general, should not be used for too long. Containers and boxes made of plastic contain Bisphenol A (BPA), which is a compound that can cause cancer, heart disease and obesity. Added to plastic during its manufacturing process, it seeps into your food and drink when the plastic gets old and begins to wear down. It is best to buy BPA-free products, but we still recommend changing them often.

CHOPPING BOARD

Wood or plastic — it doesn't matter what material your chopping board is made of, you need to replace it often, because bacteria over time, seeps into the gashes and cuts that your knife makes on the board, over time. They won't cost you the earth, so don't fight it — just replace them!

SPONGES & DISH TOWELS

These are definitely some of the dirtiest items in your kitchen. When your sponge gets old and worn down, it means that there is so

REVAMP YOUR KITCHEN

Are you proud of how much money you're saving by taking good care of your pots and pans, so you don't ever need new ones?

Rhea Dhanbhora tells you why you should get rid of things in your kitchen, whether they still in proper working condition or not



much bacteria build-up, that you have no other option but to throw it out. You should alternate between two dish cloths every week and wash them thoroughly. But, you should also throw out dish towels that are a few years old, because bacteria can seep into the fabric. Knives and cutlery, old knives, forks and spoons can get rusted very quickly, which means that you should throw them out the minute they get a hint of rust on them. Do the same when it comes to graters as well. Rust is very, very dangerous to ingest, so make sure that you're not unwittingly consuming any of it.



>> Regularly put old plastic bottles in the recycling bin to avoid ingesting the harmful chemicals that they release when they are old

« TOP 5: MAKE FRIENDSHIP BANDS AT HOME

Since Friendship Day is around the corner, help your children make this easy friendship band at home, says Yamini Walia

STEP 1

To make this friendship band, you need four or more strands of embroidery thread, each about two feet long, along with masking tape or a safety pin. Line up your threads, so that the ends are even.

STEP 2

Now, tie a knot about two inches away from the top of the bundle. To make a thicker bracelet, use more strands of thread. For example, for a three strand braid, you can use six strands of thread, in six different colours.

STEP 3

Secure the knot to a flat surface (such as the edge of the table) with the masking tape. You can also pin the knot to a piece of

clothing such as on to the knee of your trousers. Spread your threads out and starting from the left, label them 1, 2, 3 and 4.

STEP 4

Hold the end of strand 1 tightly, as you loop it around strand 2 to make a small, tight knot. Then make a second knot directly under the first knot. Go down the line and double knot strand 1 around strand 3 and 4. Use strand 2 to make double knots around strand 3 and 4. Continue



double knotting with strands 3 and 4 and repeat the process until the bracelet is long enough to tie it around a wrist.

STEP 5

You can also experiment by making stripes of different widths, simply by knotting one strand more times and another strand fewer times. Now, using all your threads, make a knot at the end of the bracelet. Trim the ends and your home-made friendship band is ready!