

Reducing “forever chemicals” and Amara’s Law

Minnesota is protecting human health, the environment, and taxpayer dollars by reducing the use of per- and polyfluoroalkyl substances, also known as PFAS. This family of human-made chemicals has been widely used in consumer products for decades for their nonstick, water, heat- and grease-resistant properties. PFAS are an environmental and public health concern. These chemicals do not break down in the environment, earning the nickname “forever chemicals.”

The PFAS Blueprint is Minnesota’s comprehensive strategy protect families and communities from these substances through prevention, management, and clean up. New laws allow for greater PFAS pollution prevention by phasing out nonessential use of the chemicals in products.

In Minnesota, PFAS are prohibited in food packaging and firefighting foam, with some exceptions, as of 2024. In January 2025, a comprehensive PFAS pollution prevention law called Amara’s Law took effect when most products from 11 categories sold or distributed in Minnesota must be made without PFAS. Reporting requirements on remaining PFAS use begins in 2026. By 2032, nonessential use of PFAS in products will be prohibited.



Benefits of reducing PFAS use

Protecting health

Removing PFAS from products makes it easier to reduce human exposure in the short and long-term. Long-term exposure to PFAS, even in small amounts, can affect human health. Exposure to some PFAS are associated with an elevated risk of negative health outcomes, including impaired immune systems, liver problems, lower birthweight and certain cancers. Exposure is cumulative and may come from various sources. Amara’s Law is named for Amara Strande, who advocated for PFAS prohibitions before passing away from cancer that she attributed to PFAS exposure.

Protecting our environment

The risk of human exposure to PFAS begins when the chemicals are made, continues while products containing PFAS are used, and persists decades after those products are disposed of. For example, PFAS in a landfill will eventually enter soil, groundwater, or surface water, which can contaminate drinking water or food. PFAS have been found in the water, wildlife, air, and soil across Minnesota. Because of the chemicals’ longevity, reducing PFAS use today means reducing the risk of human exposure for generations to come.

Where PFAS are found



Protecting our economy

Cleaning up PFAS pollution is expensive and is too often paid by taxpayers, so reducing PFAS use will save public funds in the long-term. Estimated costs to protect Minnesota's drinking water supplies from PFAS to new federal standards exceed \$1 billion, including water treatment, investigation, and remedial actions. Removing and destroying PFAS from wastewater would break some cycles of contamination, but estimated costs are unaffordable, ranging from \$11 billion - \$25 billion over 20 years for the state. PFAS treatment and removal costs are in addition to PFAS pollution costs in the health care system, which are difficult to quantify.

Products made without PFAS in 2025

The first phase of Amara's Law took effect in January 2025 when 11 categories of common products sold or distributed in Minnesota must be made without PFAS. This applies to in-person and online sales of new products and not the continued use of products Minnesotans already own. Some components and products from these categories have additional time to remove PFAS. The start of Amara's Law has been a seamless experience for most consumers because thousands of products made without PFAS from these categories were already available to consumers. Several Minnesota businesses report growing national demand for their products made without PFAS.

Learn more and contact

Minnesota Department of Health

www.health.state.mn.us/pfas

Email: health.hazard@state.mn.us

Minnesota Pollution Control Agency

www.pca.state.mn.us/pfas

Email: pfasinfo.pca@state.mn.us



Product categories that must generally be made without PFAS to be sold in Minnesota beginning in 2025



Carpets or rugs

Examples: carpets, rugs, car floor mats, outdoor rugs, synthetic turf



Cleaning products

Examples: detergent, stain removers, glass cleaner, hard surface cleaners



Cookware

Examples: Baking sheets, electric woks, pots, pans, skillets, grills, waffle makers



Cosmetics

Examples: Blushes, foundations, lip sticks, mascaras, nail polish



Dental floss

Examples: Dental floss, dental picks, interdental brushes



Fabric treatments

Examples: Spray-on water repellants, stain protectors, flame retardants



Children's products

Examples: Products for children under 12 years old, including car seats, children's clothing, highchairs, playpens, toys



Menstruation products

Examples: Pads, tampons, period underwear, menstrual cups



Textile furnishings

Examples: Draperies, rugs, furnishings, bedding, towels, tablecloths



Ski wax

Examples: Ski and snowboard waxes plus related tuning products



Upholstered furniture

Examples: Cushioned chairs, mattresses, recliners, sofas

Visit www.pca.state.mn.us/pfas to learn about components and products in these categories that must be made without PFAS by 2032.