Polish Pottery distributes heat evenly for perfect baking, and it has a naturally non-stick surface for easy clean-up, making it very easy to care for. While these pieces are extremely durable and intended for everyday use, they are pottery, so care should be used when heating or cooling each piece. Avoid sharp temperature swings. All pottery needs time to adjust to changing temperatures; therefore, allow it to reach room temperature prior to placing it in a hot or cold environment. For example, if removing pottery from a cold environment such as a refrigerator or freezer, allow the piece to reach room temperature before placing it in the oven. The recommendation is the same when removing pottery from a hot environment to a cold one. Always allow the pottery to reach room temperature before exposing it to extreme environments. It is also recommended that the pottery be allowed to heat up slowly with the oven; avoid placing it onto direct heat such as a stovetop burner. Following these guidelines will ensure that you enjoy your beautiful stoneware for many years. It is the combination of function and beauty that makes Polish pottery so captivating and appealing.