

JUNE 2025

# FCS NEWS & NOTES

## MAIN TOPIC

# Should I toss my black cooking utensils?

**A** new study published in *Chemosphere* shows the black plastic used to make kitchen utensils and take-out food packages has chemicals that are harmful to your health. The source of the chemicals is recycled plastic from used electronics. For safety reasons, most electronics like televisions and computers have chemicals and additives called flame retardants (FR). They make it harder for the TV or computer to catch fire. The result is that any black plastic item made with this recycled material, like toys and other household items, has a significant amount of these chemicals. They have these chemicals whether they are meant to be flame retardant or not. Also, FRs can get into food, especially when you heat the food.

Only black utensils and black food packaging materials are harmful. That's because black plastic is sourced from recycled electronic waste. Other



colored plastics are not. So, when buying kitchen utensils, be sure to check the label or information supplied. Make sure they are made from food-grade materials and

follow safety standards. At the very least, buy utensils labeled BPA-free or free from hazardous chemicals.

Think about buying materials other than plastic too. Stainless steel and wooden utensils are safe. Wood is better for use on nonstick cookware because it doesn't scratch the surface. Also, wood doesn't conduct heat. Your utensils won't get hot to the touch. Still another option is silicon. Utensils made from one solid piece of silicon, without seams or holes, are also safe. Silicon is a popular choice since utensils and reusable packing containers come in a lot of colors.

Reach out to your local Extension office for more information on good food safety habits.

Reference: <https://www.sciencedirect.com/science/article/abs/pii/S0045653524022173?via%3Dihub>

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

## Cooperative Extension Service

Agriculture and Natural Resources  
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Disabilities  
accommodated  
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## HEALTHY RECIPE

# Blueberry Cheesecake Bars

- *\*1 cup graham cracker crumbs (9-10 graham cracker sheets)*
- *\*3 tablespoons unsalted butter, melted*
- *\*3 tablespoons unsweetened applesauce*
- *1 1/2 cups nonfat, plain Greek yogurt*
- *3.5 ounces cream cheese, softened*
- *1 tablespoon cornstarch*
- *1/4 teaspoon salt*
- *1/3 cup sugar*
- *2 tablespoons lemon juice*
- *2 cups blueberries*
- *1 tablespoon lemon zest (optional)*

1. Preheat oven to 300 degrees F.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. \*Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.
4. \*Bake for 12 minutes. Remove from the oven and set aside.
5. Increase the oven temperature to 350 degrees F.
6. In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt,

- sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
7. Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer.
  8. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
  9. Store in the refrigerator.

**Servings:** 16

**Serving size:** 1 bar

**Recipe cost:** \$7.42

**Cost per serving:** \$0.46

### Nutrition facts per serving:

110 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 15mg cholesterol; 95mg sodium; 14g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium

**Source:** Jean Noble, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service



## KEHA Updates

### Plan to prepare KEHA reports

Summer is Kentucky Extension Homemaker Association (KEHA) reporting season! One way to make preparing reports more fun is to host a “reporting party.” Clubs and/or county organizations can choose to set a date to meet and gather all reports at one time. Stations can be set up for each point person to gather information for each type of report due. Snacks and a party theme may make the event enjoyable.

Please be aware of the following deadlines and submit reports on time. Be sure to use forms dated 2024-2025 to cover the period from July 1, 2024, to June 30, 2025.

- **July 1: CLUB-level reports are due.** Program of work reports for the eight educational chairmanships are due to each county educational chairperson or designated officer. Volunteer Service Unit (VSU) logs are due to the county.
- **Aug. 15: COUNTY-level reports are due.** The county tallies the club-level reports received in July and submits the totals online by Aug. 15, printing a copy to share with each area educational chairperson. Online forms will be coming soon. County VSU reports are due via paper forms. See <https://keha.ca.uky.edu/content/impacts> for details and to access the county reporting links beginning in July.
- **Sept. 15: AREA-level reports are due.** Area VSU Reports are due to the KEHA State Leadership Development Chairman.

# LOCAL EVENTS

## Connect with us!

-  [FCS.uky.edu](https://FCS.uky.edu)
-  [Facebook.com/UKFCSExt](https://Facebook.com/UKFCSExt)
-  [Instagram.com/UKFCSExt](https://Instagram.com/UKFCSExt)
-  [UKFCSExt.podbean.com](https://UKFCSExt.podbean.com)
-  [YouTube.com/UKFCSExtension](https://YouTube.com/UKFCSExtension)



## PLANEATMOVE.COM

Connect with or contact your county to learn about free classes in your community! Visit [PlanEatMove.com/free-classes](https://PlanEatMove.com/free-classes) to learn more.

## A NOTE FROM YOUR HOMEMAKER COUNCIL PRESIDENT

I want to say thank you to the ladies who put in time on the Annual Day Planning Committee. Also, thank you to the decorating team and all the ladies who stayed and helped to clean up. We couldn't have these types of events without you!

If you would like to serve on the Homemaker Council, we still have the Environment, Housing & Energy Chair open. If you are interested in giving a council chair a try, please contact me.

We have our 100<sup>th</sup> year ink pens for sale. Get them before they are gone! They are \$2.00 each. See, text, or call Tammy Dozer to get yours before they are gone.

Sign ups are happening now if you would like to help with the county fair, June 10-14.

*Tammy Dozer*



One Dream Reached and Muhlenberg County Homemakers

## Make Your Own Ring & Bracelet



Only  
\$18 per  
Person!

5:30 PM

MUHLENBERG COUNTY  
EXTENSION OFFICE

JUNE 20

Relax and unwind while you design and create your own ring and bracelet! Light refreshments will be provided! Space is limited! Please call the office at 270-338-3124 to RSVP and hold your spot!



### THOUGHT FOR THE DAY

"Ah, but he calls them every night, and he tells them that he loves them." Roll On (Eighteen Wheeler)- Alabama, 1984

### Contact Us



(270) 338-3124



Facebook Pages:

Muhlenberg County  
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Homemakers