

September 2024

# FCS NEWS & NOTES

 Todd County Extension Office  
 240 Pond River Road  
 Elkton, KY 42220  
 Phone: 270-265-5659  
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Todd County Family &amp; Consumer Sciences Extension

## Are Cooking Sprays Safe

Nonstick cooking sprays have become a staple in the kitchen. They provide a convenient way to grease pans and baking dishes. But are they safe to consume?

Let's start by looking at the label. Most cooking sprays contain a plant-based oil or a combination of oils, including canola, coconut, and palm. Some sprays are advertised as containing just one oil, like olive or avocado. Many will also contain additives to keep the oils from separating (emulsifiers) and foaming, as well as a propellant. The most common additives are soy lecithin, an emulsifier, and dimethyl silicone, an anti-foaming agent, which keeps the oil from splattering during cooking. Common propellants include butane, propane, carbon dioxide, and nitrous oxide.



The Food and Drug Administration (FDA) has approved all of the ingredients used in cooking sprays. They are considered Generally Regarded as Safe, GRAS. This includes additives and chemicals used as propellants. Some people may still be worried about consuming a propellant. But rest assured, any amount consumed is not a health concern. In fact, the amount in the sprays is very low and most of it dissipates as you spray it onto a surface.

The FDA affirms that nonstick cooking sprays are safe to consume. However, if you have concerns about the additives or an allergy to soy, you may opt for a cooking spray that is a single oil and propellant free. There are sprays available without additives and propellants. Another alternative is to make your own spray using a mister or spray bottle and the oil of your choice.

If you decide to use a nonstick cooking spray, be sure to store it in a cool, dark place, just as you would store any oil. The cans are flammable, and you should not store them on the stove or near a heat source. Do not spray them near an open flame.

**Reference:** <https://www.nutritionletter.tufts.edu/ask-experts/q-are-non-stick-cooking-sprays-healthy-do-they-add-anything-to-food-i-need-to-worry-about/>

**Source:** Annhall Norris, food preservation and food safety Extension specialist

# National Preparedness Month

Did you know that September is National Preparedness Month? Make sure you are financially prepared for emergencies by making a plan to build an emergency fund. Emergency funds are savings for emergency use, such as if your car breaks down or you find yourself unexpectedly out of work. This fund should be different from other savings accounts that may be intended for future college costs, vacations, or retirement. Be sure that your emergency fund is easy to access in case of an actual emergency. You should be able to easily withdraw money from the account at any time if disaster strikes.

While any amount of money is helpful in an emergency, you should aim to save enough to cover 3 to 6 months of typical expenses for your family. Consider making emergency savings automatic by directing a portion of your paycheck to savings through direct deposit. Explore other savings strategies, such as rounding up the change from everyday purchases and directing that money to savings. For example, if you spend \$3.50 on coffee in the morning, put \$0.50 into savings. Or, better yet, brew your coffee from home and invest that money instead! Small amounts add up quickly if you save them consistently. Start building your emergency fund today to help ensure you are financially prepared for emergencies.

**Source:** Nichole Huff, Assistant Extension Professor for Family Finance and Resource Management



## RECIPE

# Blackberry Lemon Upside Down Cake

2 teaspoons melted butter  
1/3 cup brown sugar  
1½ teaspoons grated lemon peel  
2 cups fresh blackberries  
1¼ cup all-purpose flour  
1½ teaspoons baking powder  
¼ teaspoon salt  
2/3 cup sugar  
2 tablespoons butter  
1 large egg  
¾ teaspoon vanilla extract  
1 teaspoon lemon juice  
½ cup skim milk

Preheat oven to 350°F. Place melted butter in the bottom of a 9-inch round cake pan. Sprinkle with brown sugar and lemon rind. Top with berries. Set aside. Combine flour, baking powder and salt in a small bowl. Set dry ingredients aside. Beat sugar and butter together in a large bowl with a mixer on medium speed until well blended. Add egg, vanilla, and lemon juice. Mix well. Add dry ingredients to egg mixture alternately with milk, beginning with milk and ending with flour. Mix after each addition. Spoon the batter over the blackberries. Bake at 350 degrees for 40 minutes. Cool cake for 5 minutes on a wire rack. Loosen edges of the cake with a knife and place a plate upside down on top of cake; invert onto plate. Serve warm. Yield: 8, 3 inch wedges.

Nutritional Analysis: 230 calories, 5 g fat, 35 mg cholesterol, 220 mg sodium, 45 g carbohydrate, 2 g fiber, 4 g protein.

Source: Plate It Up Kentucky Proud

Contact the Todd County Extension Office for more information.

Sincerely,

Jill B. Harris

Jill B. Harris  
Extension Agent for  
Family & Consumer Sciences



# UPCOMING ACTIVITIES

## Cooking thru the Calendar

Cooking thru the Calendar Facebook Live is the first **Thursday** of each month at **11:30 a.m.:** **September 5, October 3, November 7, and December 5, 11:30 a.m.** on the ToddCountyExtensionFCS Facebook page. In September, we will be demonstrating Ramen Skillet Dinner.

## Wits Workout

Join me to work out your brain! Wits Workout starts **Tuesday, September 10, 10:00 a.m.**

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the **Wits Workout** group where you'll engage in all kinds of interactive puzzles and games and learn what you can do in your daily life to keep your brain healthy.

When—the **2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of September, October, and November at 10:00 a.m.** at the Todd County Extension Office, 240 Pond River Road Elkton. Please let us know if you are planning to attend so we have enough copies made.

September 10

September 24

October 8

October 22

November 12

November 26

These classes are free and open to anyone who would like to attend. Bring a friend! You do not have to attend all sessions!



## Self-Care: Social Connections

Meaningful social connections lead to self-care in terms of overall wellbeing. Learn how to make social connections a part of self-care to improve quality of life. The in-person class will be taught on **Monday, September 30, 2:00 p.m.** at the Todd County Extension Office. The class will also be taught on Zoom on **Tuesday, October 1, 10:00 a.m. and 5:30 p.m.** Contact the Extension Office for the Zoom links.



**UK** Cooperative Extension Service

## Self-care: Social Connections

*Learn how social connections contribute to self-care and improve quality of life.*

Monday, September 30  
2:00 p.m. (in-person)  
Todd County Extension Office

-or-

Tuesday, October 1  
10:00 a.m. or 5:30 p.m.  
on Zoom

Contact the Todd County Extension Office  
270-265-5659  
for more information.

*An Equal Opportunity Organization*

## Save the Date...

Todd County Homemaker Annual Meeting –  
**Tuesday, December 3**



# Todd County Homemakers Council

Due to a conflict with Trunk or Treat at the high school, the date has been changed to **Thursday, October 24, 5:00 p.m.**

## Pastry class

Join me for a pastry class on **Thursday, October 10, 9:30 a.m.** at the Todd County Extension Office. We will learn to make pie crust and turn it into hand tarts such as the ones pictured below. The fee is \$5.00/person. You will also be asked to bring some supplies with you. Sign-up and pay by October 1. Limit 12 people.



## How to Get out of a Mealtime Rut

If you can't think of the last time you were excited about cooking, you may be in a cooking rut. Join us for creative strategies that can be used to prepare delicious meals at home, **Tuesday, October 29, 5:30 p.m.**, at the Todd County Extension Office, 240 Pond River Road, Elkton.

# Pennyrile Area Homemaker Annual Meeting

Let's take a road trip to Grand Rivers where Livingston County Homemakers are hosting the Pennyrile Area Homemakers Annual Meeting. "Between the Rivers" is the theme of the meeting which will be held on **Friday, October 18, 10:30 a.m.**, at the Grand Rivers Senior Citizen Center. Registration starts at 10:00. Dress is casual (think camping, fishing, hiking, etc.). If you are interested in attending, registration fee of \$18.00 is due to the Todd County Extension Office by **September 30.**

**Between the Rivers**

Pennyrile Area Extension Homemakers Annual Meeting

**October 18, 2024**

155 W Cumberland Ave,  
Grand Rivers, KY 42045

**Guest Speaker: Bobbie Foust**

**Cost: \$18.00 Due before September 30th to your County Office.**

**Entertainment: Liberty Boys**

Martin-Gatton College of Agriculture, Food and Environment  
University of Kentucky

Cooperative Extension Service  
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



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September 10  
September 24  
October 8  
October 22  
November 12  
November 26

**Time:** 10:00 AM

**Where:**

Todd County Extension Office  
240 Pond River Road  
Elkton, KY

**Register:** Call 270-265-5659

 Cooperative  
Extension Service



*Wits Workout*  
is a program developed by  
University of Illinois Extension