

March 2025

# FCS NEWS & NOTES

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Todd County Family & Consumer Sciences Extension

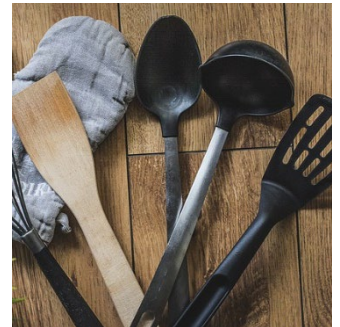
## Should I Toss My Black Cooking Utensils?

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.



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

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

# Mystery Holes in Your Clothes

Tiny holes in your clothes. Have you seen them? These holes seem to appear out of nowhere! Any well-loved, often-worn garment may eventually develop a hole or two because of natural wear and tear. But what about your new T-shirt that suddenly gets tiny holes on the front lower-half or near the shoulder area?

## CAUSE OF TINY HOLES IN CLOTHES

Lighter-weight, thinner fabrics are more common today. These are often made with lower-quality materials. Knit (stretchy) clothing made with these fabrics are more likely to develop small holes from normal wear and abrasion. For example, while wearing a T-shirt, the fabric might rub against a belt buckle, zipper, or other fasteners on your pants. Yarns in the knit fabric structure catch on these objects, snag, and create tiny holes. Even the continual rubbing of purse and backpack straps on thinner fabrics may cause holes. Leaning up against a counter or desk with rough edges may cause abrasion, too. Basically, any time your clothes are repeatedly rubbing up against something, **abrasion can occur, damaging the fabric's yarns and fibers. This, in turn, can cause small tears and holes in our clothes.**

## FIXING TINY HOLES IN CLOTHES

First, rule out the possibility of pest activity. Insects typically eat natural fibers and leave irregular shaped holes found in groups. If you suspect the tiny holes in your clothes are from these visitors, check out information found on the UK Department of Entomology webpage.

A creative way to repair small clothing holes is with decorative stitching or "visible mending." Use fine yarn, "pearl cotton," or a single ply of embroidery floss to sew and weave fun designs. Other options are to apply a decorative patch, or for a more discreet fix, iron a very small circle of interfacing or patching on the underside of the clothing. The sooner you fix the hole, the better.

## PREVENTING TINY HOLES IN CLOTHES

Some suggest ironing knit interfacing on the underside of t-shirts before you wear them to give more fabric support and prevent holes. But this might change the stretchy, comfortable feel of the shirt. It's more practical to prevent abrasion by wearing an apron when you are working around the house or near surfaces that will rub the front of your clothing. The apron also protects your clothing from dirt and stains. Changing out of your "nicer" clothes and into play clothes once you're home can help keep your better clothing in good shape, too.

Another cause for tiny holes in our knit clothes is washing them with heavier clothes that have open zippers and other decorations that rub in the washer or dryer. For best results, wash jeans separately from T-shirts. Zip zippers to limit abrasion. Place delicate items in a mesh laundry bag.

You can't always avoid clothing abrasion. It's natural for straps, including seatbelts, to rub against your clothes. You never want to jeopardize safety by not wearing a seatbelt. Therefore you can adjust thin and delicate clothing so it's not rubbing between your seatbelt and fasteners or other bumps on your clothing. In general, clothing made with high-quality yarns and fabrics may be less likely to develop small holes from abrasion.

**Source:** Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment

# UPCOMING ACTIVITIES

## Upcoming Leader Trainings

*Transferring Cherished Possessions: Estate Planning Tips for Non-Titled Property* will be offered as a Lunch & Learn on **Monday, April 7, 12:00 noon**. Lunch will be provided so please let us know if you are planning to attend. The class will also be offered on Zoom at 10:00 a.m.; if you would like to watch, please contact us for the Zoom information.

*Move Your Way Exercise for Everyone* will be offered on **Tuesday, April 29, 10:00 a.m.** as an interactive Zoom at the Todd County Extension Office. Come join us and learn how to move your way.

## Cooking thru the Calendar

Cooking thru the Calendar Facebook Live will be the first Thursday of each month. The next three will be **March 6, April 3, and May 1, at 11:30 a.m.** on the ToddCountyExtensionFCS Facebook page. Watch live or play it back anytime. The 2025 calendars are available at the Todd Co. Extension Office.

Todd County Extension  
Family & Consumer Sciences  
Facebook Live

**COOKING THRU THE CALENDAR**

Thursday, March 6  
11:30 a.m.

With:  
Jill Harris, Todd Co. Extension  
and  
Jennifer Ferris,  
Farm Credit Mid-America

Watch Facebook Live  
Todd County Extension FCS  
First Thursday of Each Month  
at 11:30 a.m.

March Recipe:  
Crunch Air Fryer Fish

<https://www.facebook.com/ToddCountyExtensionFCS>

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Extension Service

## Wits Workout

We are offering more sessions (different topics) of Wits Workout. The last two sessions are on **March 10 and 24 at 1:00 p.m.** at the Todd County Public Library, 507 South Main Street, Elkton. Previous attendance is not required.

Please call the Extension Office at 270-265-5659 and let us know if you plan to attend. This helps us make sure we have copies for everyone. These classes are free and open to anyone who would like to attend. Bring a friend!

Cooperative  
Extension Service

**WITS WORKOUT**

An engaging, interactive, and fun  
educational brain health program.

**FREE**

Games  
Puzzles  
& more

**1:00 PM**

January 13 & 27  
February 10 & 24  
March 10 & 24

Location: Todd County Library  
507 South Main, Elkton, KY

To sign up, call the Todd County Extension Office  
270-265-5659

Cooperative  
Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

## Farm Family Ag Expo

Todd County Extension and Todd Central FFA are hosting a Farm Family Ag Expo at the Todd County Extension Office on **Thursday, March 13, 2025, 8:00 a.m. to 10:30 a.m.** The event is free and open to anyone who would like to attend. See flyer on page 5 for more information.

## Walk Your Way Challenge

The Todd County Health Coalition is sponsoring our Walk Your Way Challenge. If you have decided it is time to get off the couch and get moving, sign up for the 11-week Walk Your Way challenge, **March 10 - May 25**.

Based on the National Heart, Lung, and Blood Institute's walking plan, you start and walk at a pace that is comfortable for YOU. The program includes a schedule and log to keep you on track, plus weekly newsletters with tips and information to keep you moving.

We are adding an optional "Weekly Walk,\*" led by a member of the health coalition, at the Elkton-Todd County Park at 10:00 a.m. on the following dates:

March 10	April 24
March 17	April 30
March 25	May 5
April 1	May 16
April 8	May 23
April 14	

*\*walk canceled if inclement weather*

Everyone who completes the challenge and the post-evaluation will receive a hot/cold pack. The overall winner of the challenge will receive a self-care kit. Everyone who attends a weekly walk will be entered into a drawing for a self-care kit.

Sign up in person at the Todd County Extension Office or Todd County Health Department, or online at <https://bit.ly/WalkYourWay2025>, or scan the QR code on the flyer. See flyer on page 6 for more information.

## Area Cultural Arts/Seminar

Pennyriple Area Homemaker Cultural Arts Display and Area Seminar will be held **Friday, March 14**, at the Christian County Extension. Cultural Arts will be held in the Expo Center with check-in for entries starting at 9:00 a.m. (Todd County's check-in time is 9:00). The seminar, *A Culinary Journey Across Kentucky*, will begin at 10:00 a.m. with registration opening at 9:30. (Registration for the seminar has closed.) If you want Jill to enter items in Cultural Arts, please drop them off at the Todd County Extension Office by **March 11**.

For more information, contact the Todd County Extension Office at 270-265-5659.

**Pennyriple Area Homemakers Spring Seminar**  
*Culinary Journey Across the Bluegrass*

March 14, 2025  
Registration: 9:30 a.m.  
Program begins: 10:00 a.m.

Christian County Extension Office  
2850 Pembroke Rd. Hopkinsville, KY 42240

RSVP by February 28th to your local extension office.

Cost: \$18.00  
Meal catered by Bar-B-Q Shack

**Cultural Arts**  
Check-In at the Christian County Extension Expo Center

- 9:00: Todd, Christian, Trigg
- 9:15: Muhlenberg, Hopkins, Lyon
- 9:30: Caldwell, Livingston, Crittenden

Tags must be completed before check-in. Contact your county extension office to obtain check-in tags and more information.

Sincerely,

*Jill B. Harris*

Jill B. Harris  
Extension Agent for  
Family & Consumer Sciences



# Farm Family Ag Expo

March 13, 2025



**FREE Cap and  
5-gallon Bucket  
While They Last\***

8:00 - 10:30 am, Todd County Extension, 240 Pond River Road, Elkton, KY

8:00 am - Welcome & Guest Speaker

8:30 am - Omelet Stations, Safety Talks, WEKT Live Broadcasts,  
Kids Zone, Petting Zoo, Health Screening, Vendors, Door Prizes

## Featuring:

- *Confined Spaces & Grain Bin Safety*
- *First Aid on the Farm*
- *Tractor Rollover/ROPS*
- *Spray Drone Safety*
- *PTO Safety*

- \* Attend 3 safety talks for a free bucket
- \* Attend 4 safety talks for a free cap
- \* Attend all 5 and enter grand prize drawing



## Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**KENTUCKY**   
**COOPERATIVE EXTENSION**

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
KSU COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

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**RAISING**   
**HOPE**  
Supporting Healthy Lives  
on Kentucky Farms



Disabilities  
accommodated  
with prior notification.

# WALK YOUR WAY CHALLENGE

 Cooperative  
Extension Service

Todd County Extension Office  
Todd County Health Department  
Todd County Health Coalition



## MARCH 10 - MAY 25, 2025

Have you decided it's time to get off the couch, but are not sure how to start?

**Start Slow, Start Smart, Start with Us!**

The Todd County Health Coalition invites you to join this 11-week challenge. Start at a pace that is comfortable for YOU and build up. If you would like to connect socially, join us for a "Weekly Walk" at the Elkton-Todd County Park.

Each person completing the challenge and post-evaluation will receive a Hot/Cold pack from the Todd County Health Coalition. The overall winner will receive a Self-Care Kit. Everyone who attends a weekly walk will get their name entered into a drawing for a self-care kit to be given on May 23.

**Register in person at either location:**

Todd County Extension Office  
240 Pond River Road, Elkton, KY or  
Todd County Health Department  
617 West Main Street Elkton, KY



**\*Weekly Walks, 10:00 AM  
Elkton-Todd County Park:**

March 10	April 24
March 17	April 30
March 25	May 5
April 1	May 16
April 8	May 23
April 14	

\*walk canceled if inclement weather

**PRIZES:  
Hot/Cold Packs and  
Self-Care Kit to  
Overall Winner**

Or Scan the QR code to register  
online or go to this website:  
<https://bit.ly/WalkYourWay2025>

**Cooperative  
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Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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