

# FCS NEWS & NOTES

## MAIN TOPIC

# Wash that produce

**W**e've seen the number of foodborne illness outbreaks and recalls associated with fresh produce increase over the last year. And it's not just leafy greens like romaine lettuce and spinach. Tomatoes and cantaloupe have also been linked to outbreaks in years past.

Fruits and vegetables can become contaminated during the growing season, after harvest, during preparation, or during storage. Contamination can even occur during the shopping process from other shoppers' hands. You're not the only one to pick up every apple in the bin before selecting the perfect three or four.

Fresh fruits and vegetables are an important part of a healthy diet. However, harmful bacteria in the soil or water can contaminate them. Fresh produce might also be contaminated with pesticide residues.

Whether you grow the produce yourself, buy it at a farmers' market,



or buy it from a grocery store, the Food and Drug Administration (FDA) recommends washing all produce right before eating or cooking.

Experts say don't wash it before storing it in the refrigerator because moisture can encourage bacterial growth and accelerate spoilage. The FDA also advises against washing pre-washed, ready-to-eat, bagged salad mixes

and other leafy greens as you could unintentionally cross contaminate them in your own sink or countertop.

A simple rinse and hand rub under running water is good for most fruits and vegetables. Even drying with a paper towel helps to reduce any bacteria that could be present.

Fruits and vegetables with a rough exterior, such as cantaloupe, pineapple, and cucumbers, should be gently scrubbed with a soft brush under running water in order to remove surface contamination.

The FDA advises that it is not necessary to use soap or a produce wash. Running water along with gentle rubbing or scrubbing with a brush is sufficient.

Washing is also important if you will remove the skin or slice the produce. This will prevent contamination from the outside spreading to the inside when you cut into it.

Source: Annhall Norris, Extension Associate



# HEALTHY RECIPE

## Broccoli Pizza

- 1 1/2 cups shredded Monterey Jack cheese
- 1 12-inch whole-wheat pizza crust
- 1 cup chopped broccoli florets
- 1 medium zucchini, thinly sliced
- 1 medium onion, sliced into strips
- 1/2 medium red bell pepper, cut into strips
- 1 medium tomato, thinly sliced
- 2 cloves minced garlic
- 1 teaspoon dried Italian seasoning
- 2 tablespoons vegetable oil

1. Sprinkle half of the cheese evenly over the crust; set aside.
2. Sauté vegetables, garlic, and Italian seasoning in hot oil 3 to 5 minutes or until vegetables are crisp tender.
3. Spoon vegetables evenly over pizza crust.
4. Top with remaining cheese.
5. Bake at 450 degrees F for 5 minutes or until cheese melts.

Yield: 8 slices

Nutritional analysis: 320 calories; 23g fat; 11g saturated fat; 0g trans fat; 65mg cholesterol; 540mg sodium; 18g carbohydrates; 3g dietary fiber; 3g sugars; 15g protein.

**SCAN  
TO WATCH  
RECIPE VIDEO**



## 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 make the event enjoyable.

Please be aware of the following deadlines and submit reports on time. Be sure to use forms dated 2022-2023 to cover the period from July 1, 2022, to June 30, 2023.

- **July 1:** CLUB-level reports are due. Program of work reports for the eight educational chairmanships are due to the county educational chairmen or designated officers. Volunteer Service Unit (VSU) logs are due to the county.
- **August 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 the area educational chairmen. 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.
- **September 15:** AREA-level reports are due. Area VSU Reports are due to the KEHA State Leadership Development Chairman.

### 2023 KEHA State Meeting

Members from across the state convened in Louisville May 9-11 to network, share, learn, and celebrate. See the KEHA website to read more.



# Attention job seekers!

Meet, connect, share, and learn: **Job Club Kentucky is FREE and open to the public.** Meetings take place 9 a.m. to 10:15 a.m. every month on the 2nd and 4th Tuesdays. Business attire is encouraged. Recruiters and employers are always welcome.

**June 13, 2023, 9 -10:15 a.m.**

## Networking 101

Successful people know how to build, nurture, and maintain mutually beneficial relationships that help each other accomplish their goals. A robust network is the best insurance policy you can have in life. In this session you will learn how to be a more strategic connection, build your own personal board of directors, and make the most out of future conferences and social events.

*Presented by Caroline Francis, Ed.S., CCC, BCC, CCSP, CPRC,  
Director of Alumni Career Services, UK*

**June 27, 2023, 9 -10:15 a.m.**

## Preparing a federal resume

This presentation is divided into three sections:

1. The federal resume process and secrets to success
2. Understanding the usajobs.gov job listings
3. An example of a federal resume Outline Format from the Federal Resume Guidebook, 7th Edition by Kathryn Trautman

*Presented by Ken Wocher, Volunteer Job Coach,  
Northern Kentucky Accountability Group, Kenton County Library*

**FREE  
and open  
to the  
public!**

## Ways to attend

### **In-person:**

Fayette County Extension Office,  
1140 Harry Sykes Way, Lexington

### **Online:**

- Register for the Zoom webinar: [tinyurl.com/JobClubKentucky](https://tinyurl.com/JobClubKentucky)
- [Facebook.com/FayetteCoFCS](https://Facebook.com/FayetteCoFCS)



# LOCAL EVENTS

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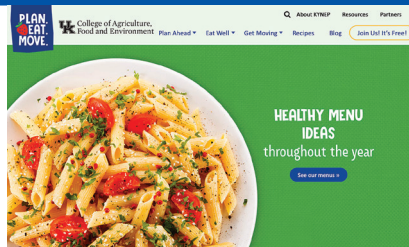
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Feeling better happens one small step at a time.

We know, because that's what we've done – and we're here to show you how you can do it too. A step here, a step there and soon you'll be eating well, planning good meals, and moving more. Most of all, you'll be feeling good. So take a look at some of our useful tips and maybe even take a free class for free tips. You can do it! Small steps make a world of difference.

## 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.