

November 2024



Hello IKE Supporter,

As the holiday season unfolds, we want to take a moment to express our gratitude to our dedicated staff and Healthy Child Community Advocates. Thank you to our team, our supporters, and all those in our community who work for a healthy environment so our children can thrive! The saying "it takes a village" is as true in environmental health as anywhere else, and our job is made easier by you being part of the journey to give our kids healthy spaces to grow.

This newsletter is packed with valuable insights on keeping your home environment healthy during the season's many festivities. We explore the effects of everyday kitchen items on our health, from gas stoves to nonstick pans, and share some nutritious recipes that help combat lead exposure, for a safer, healthier holiday season.

May your holidays be happy and healthy, however you celebrate!

The IKE Coalition Team

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Lead

### PFAS in Your Nonstick?

The convenience of nonstick pans is undeniable, especially during the bustling holiday

cooking season. However, it's important to be aware of the potential health risks they carry. Many nonstick coatings contain [per- and polyfluoroalkyl substances \(PFAS\)](#), chemicals that are linked to a variety of health issues, including hormone disruption and increased cancer risk. PFAS are often referred to as "forever chemicals" due to their persistence in the environment and the human body.

When heated, nonstick pans can release PFAS into the air and food, contributing to indoor air pollution and dietary exposure. These compounds do not degrade naturally and can accumulate in the human body over time, potentially leading to significant health problems. To minimize these risks, consider alternatives such as [stainless steel, ceramic, or cast iron cookware](#), which do not contain PFAS and offer safer, equally effective cooking solutions.

Switching to PFAS-free cookware not only benefits your family's health but also contributes to a healthier environment by reducing the demand for these harmful chemicals.



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## Foods that Fight Lead Poisoning

As we dive into holiday cooking, it's crucial to think about the foods we choose. In this section, we share recipes that not only taste great but also help fight lead poisoning. Foods high in iron, calcium, and vitamin C can block lead from being absorbed by the body. These recipes are designed to be both delicious and protective, allowing you to care for your family's health while enjoying your favorite holiday meals.

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### Ping Pong Balls

- ½ cup **peanut butter**
- ¼ cup honey
- ¼ cup dry milk powder
- Crushed **Wheat Chex cereal**



Stir peanut butter, honey and milk powder together in a bowl. Wet hands and form mixture into small balls. Roll in crushed cereal. Store covered in refrigerator.



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### Sweet Potato Pone

- 2 **eggs**
- ¼ cup brown sugar
- 2 ½ cups raw sweet potato, grated or



- chopped
- 1/4 cup **molasses**
- 1/2 cup milk
- 2 Tbsp melted margarine
- 1/2 tsp each—cinnamon, nutmeg, ground cloves

Beat eggs and sugar in bowl until fluffy. Stir in remaining ingredients. Turn onto oiled 1 qt. dish or loaf pan. Bake at 350 for 1 hour. Serve warm or cold in slices.

### Sunshine Salad

- 1 carrot, 1 cucumber, 1 zucchini peeled and sliced into sticks or rounds
- 1 head each **broccoli**, cauliflower, broken into pieces
- 10 - 12 mushrooms, cherry tomatoes, radishes
- 1 head each lettuce, **spinach** separated into leaves and rolled



DIP: 1/2 cup low-fat cottage **cheese**, 1/2 cup non-fat plain **yogurt**. Pinch each of any variety of spices: curry, parsley, dill, oregano, basil, chili. Mix well.

Wash all vegetables well before preparing. Spear with toothpicks or use fingers for dipping.



### Easy Spinach Quiche

- 3/4 c Bisquick
- 3 **eggs**
- 1 1/2 c milk
- 1 pkg frozen chopped **spinach**, thawed, drained
- 1 large onion, finely chopped and sauteed in margarine until clear
- 1 1/2 c cheese (Swiss, cheddar) cut or broken into small cubes

Spread spinach, onion and cheese in a well-greased, 10-inch pie plate. Mix first three ingredients well and pour over vegetables and cheese. Bake in oven preheated to 375 for about 50 minutes or until the top is puffy and slightly browned.

Read the [Food That Helps Fight Lead Poisoning](#) guide for more info and recipes.

## Clean Air in Busy Kitchens

Cooking with gas stoves or propane during the holidays is common, but it's important to know they can affect indoor air quality. These stoves release pollutants like nitrogen dioxide (NO<sub>2</sub>) and carbon monoxide (CO), which can irritate lungs and worsen respiratory conditions such as asthma.

The risks increase in small or unventilated kitchens, where pollutants can quickly build up to harmful levels. To keep your air clean while cooking this holiday season, try to cook with windows open or use an extractor fan that vents outdoors. You can also use air purifiers with HEPA filters to help remove pollutants from the air.

For a healthier option, consider switching to an induction cooktop if possible, which is more efficient and produces less indoor pollution. Making these changes can help keep your holiday celebrations safe and healthy.



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Want to hear more about other environmental issues going on in Indiana and how you can get involved? Sign up to the weekly newsletter from our partners at [Hoosier Environmental Council](#).

*Your thoughtful contributions support the work of the IKE Coalition and our partner organization, Hoosier Environmental Council. Please consider becoming a member with a gift of any amount today!*

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