



Benton/Franklin County

Master Food Preserver

WASHINGTON STATE UNIVERSITY
EXTENSION



Thank you for your interest in the Washington State University Master Food Preserver (MFP) program. The MFP program began in 1976 in Washington State. Since that time, thousands of individuals have benefitted from the outreach and education provided by WSU Master Food Preserver volunteers.

The MFP program is an in-person training, involving classroom instruction and laboratory learning. There is no virtual or online learning option for this program. It is designed to develop volunteers as outreach educators using a “train the trainer” model. The volunteer option is only available to Benton and Franklin County residents. If you are not a resident of Benton or Franklin Counties, you may participate in the program as a non-volunteer.

This registration packet includes an overview of the MFP program, the training schedule and a registration form. Please review the materials and decide if the program is right for you. To become a certified Master Food Preserver volunteer, it is essential to attend all of the training and laboratory sessions.

Once certified, volunteers are expected to complete 50 hours of outreach education during the year. The purpose of our outreach education program is to help others in our community learn to handle and preserve foods safely. Some of the activities we engage in are staffing information booths at the Farmer’s Markets or Benton-Franklin Fair. Time can also be returned through individual contacts, teaching classes, or mentoring new canners. We encourage sharing information with friends and family members, and within your social networks. This all counts as volunteer time!

If you are interested in the program, but unable to commit to fifty hours of outreach, consider the non-volunteer option. This option is provided on a space available basis. With this option, your commitment to the program is complete at the end of training.

For 2022 the training sessions begin on Wednesday, April 13th continuing through Wednesday, June 22nd. Classes are held in the Benton-Franklin Health District Building, located at 7102 W. Okanogan Place in Kennewick. The regular class time will be from 9 a.m. until 1 p.m. One class will be held on the WSU-Tri-Cities campus, as noted on the training schedule.

The fee for the program is \$95 for volunteers, \$475 for non-volunteers. The fee is payable after the first class. To begin the registration process, complete the registration form and return it to our office before April 13th.

For Volunteers: All volunteers in WSU programs are required to complete a comprehensive background check by Sterling Volunteers, a third-party background check agency. Details on how to complete your background check will be provided with your confirmation letter.

In addition, all volunteers for WSU programs are required to be fully vaccinated or exempted. Volunteers are considered unpaid employees and fall under the health and safety proclamation ordered by Governor Inslee. Instructions on how to show us your proof of vaccination or apply for an exemption will be forwarded with your confirmation letter.

The exemption request process occurs at the Extension administrative level, not at the program or county level.

Anyone unwilling or not able to comply with these requirements can attend as a non-volunteer.

Also included in the registration packet is a survey to help me know your level of experience with the various food handling and processing methods. This is useful for me to know the background and experience of the individuals enrolling in the program. It will NOT be used to determine who can participate in the program. The program is available to all, regardless of how much experience you have with the various methods of food preservation.

If you have any questions, concerns or need any additional information, please feel free to contact me at: (509) 735-3551 or by e-mail at powers@wsu.edu. I am more than happy to talk with you! You may scan and email your registration form to me or mail it to our address below.

I hope to see you on April 13th.

Sincerely,



Lizann Powers-Hammond

Extension programs and employment are available to all without discrimination. Evidence of non-compliance may be reported through your local Extension office. Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact: Lizann Powers-Hammond, 7102 W. Okanogan Pl., Ste 102, Kennewick, WA 99336 (509) 735-3551 powers@wsu.edu at least two weeks prior to the beginning of training.



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Master Food Preserver Volunteer Program

What is the Master Food Preserver program?

The WSU Master Food Preserver (MFP) program is a volunteer outreach program designed to bring research-based information to the public. This program began in Washington State in 1976, as a pilot project in King and Yakima counties. For the first time ever, a group of volunteers were trained to assist the county Extension faculty in providing up-to-date information on food safety and preservation to the general public. The program was so successful that it is still in operation today and has been adopted by many other states.

What do MFP's do?

At Washington State University the volunteers are considered a vital part of the delivery structure of WSU Extension outreach and education programs. Volunteers serve in partnership with the local Extension office, functioning as an unpaid employee of Washington State University.

Specifically, the Master Food Preserver volunteers:

- Assist county and state Extension faculty by responding to food safety/preservation inquiries. There has been an increased interest in food safety/preservation in the past few years, and the extra help is critical to our success.
- Staff information booths and present demonstrations at local Farmer's Markets, Benton-Franklin County Fair, CSA's, local festivals and/or produce stands.
- Teach classes or mentor new canners to help assure safety of foods processed at home.
- Utilize personal connections and social media to provide information on safe food handling and preservation.
- Partner with community groups, agencies, and organizations to promote safe food handling practices.

Who can be a MFP Volunteer?

Any Benton or Franklin county resident, eighteen years of age or older, is eligible for the program. The individual should have an interest in food safety/preservation and must have the time to commit to the 30+ hour training program and 50 hours of volunteer outreach education. Prior experience with food preservation is not necessary. We will teach you what you need to know.

How do you become a MFP Volunteer?

Complete the enclosed registration packet and before classes start, return it to the Benton County Extension office. Attend the program orientation session to make sure the program is right for you. At the completion of the orientation, if you choose to participate, pay the registration fee.

Upon completion of the course, an open-book certification exam is given and those passing are considered a certified MFP volunteer for the coming program year.

What benefits do MFPs receive from the program?

MFP volunteers are provided training, plus a packet of resource materials. Class instruction is appropriate for people with differing educational backgrounds and food preservation experience. After training, volunteers continue to receive updates on the latest research in the area of food safety/preservation. Through their experiences, volunteers develop skills in working with people, public speaking, and building self-confidence in addition to increasing their expertise in food safety/preservation.

As a volunteer, how long am I committed to the program?

Your commitment is for 50 hours of volunteer outreach education. Of course, we hope MFP volunteers will find the program rewarding and fun and continue in the program after the first year. However, your commitment is complete after your 50 hours. If you want to remain active in the program, you will need to re-certify each year.

What are the dates for the training program?

Training sessions are held once a year, April through June. New volunteers **must** attend all of the training and laboratory sessions in order to be certified as a volunteer. Excessive tardiness will be considered an absence. A training schedule is available each year that outlines the training classes, lab dates and topics.

What is the non-volunteer option?

The non-volunteer option provides an opportunity for individuals to participate in the program who are not interested in serving as a volunteer or live outside the Benton-Franklin county area. Because the primary focus of the program is to train a team of volunteers to assist with program delivery, those registering as volunteers will be given priority. If there is space available, I will accept non-volunteer registrations. **NOTE: THERE IS GENERALLY SPACE AVAILABLE!**

If I am from a county outside Benton-Franklin, why can't I volunteer in my own county?

The Master Food Preserver program is only available in Benton-Franklin Counties. Volunteers must have a supervising faculty in the county office. County support for supervision of safety/preservation outreach programs are not available in other county offices.

Is there an online option for the training?

The MFP program is an in-person training, involving classroom instruction and laboratory learning. There is no virtual or online learning option for this program

How do I register? Registration forms are available at through the WSU Benton County Extension office, 7102 W. Okanogan Pl., Ste. 102, Kennewick, WA 99336. For more information call Lizann Powers-Hammond, Extension Faculty at (509) 735-3551 or by email at: powers@wsu.edu

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Master Food Preserver Program 2022 Training Schedule

**Wed., April 13th
9am – 1pm**

Orientation and Overview of Program Requirements

History of the Master Food Preserver program
Connection to Washington State University
Importance of research based information
Course requirements
Review of Participation Agreement

Basics of Spoilage and Preservation

Causes of food deterioration
Why food preservation is important
Quality vs. safety issues
Shelf life of foods
Understanding water activity and pH
Packaging and packaging materials
Mold - When to save, when to throw out

**Wed., April 20th
9am – 1pm**

Food borne Illness & Prevention

Micro-organisms in food: The good, the bad, the ugly.
Bacteria, viruses and other organisms that cause food borne illness
Potentially hazardous foods
Strategies for prevention of food borne illness
Evaluating the safety of food handling practices

**Wed., April 27th
9am-1pm
Location:
WSU Tri-Cities
East Auditorium**

Cold Storage: Refrigeration, Freezing and Root Cellaring

Safe temperatures for cold holding of food
Packaging guidelines
Quality changes in frozen foods
Blanching - Is it necessary?
Shelf life of refrigerated/frozen foods
Root cellars and other storage options
Evaluating the safety and quality of foods

**Wed., May 4th
9am – 1pm**

Home Canning: The Basics

Proper canning techniques
Unsafe canning practices
Recommended equipment and supplies
Unsafe equipment

Canning Acid Foods

Definition of Acid Foods
Specialty fruit products - pie fillings, fruit puree, fruit juices
Evaluating the safety and quality of home canned high acid foods

**Wed., May 11th
9am – 1pm**

Canning Low Acid Foods - Meat, Fish and Poultry

Precautions for canning low acid foods
Botulism poisoning
Use of the pressure canner
Testing pressure gauges for accuracy
Disposal of improperly canned low-acid foods
Evaluating the safety and quality of home canned low-acid foods

TBD

New Volunteers Only

***Laboratory #1 - Hands on Boiling Water Canning & Pressure Canning
Apple Pie Filling and Chili***

@ KFL Church*

**Wed., May 18th
9am – 1pm**

Preparation and Canning of Pickled Foods

Types of pickled and fermented foods
Equipment needs
Options for processing pickled and fermented foods
Sauerkraut
Analyzing recipes for safety/old pickle recipes
Common problems and solutions
Evaluating the safety and quality of pickled products

**Wed., May 25th
9am – 1pm**

Drying and Smoking Foods

History of drying as a method of preservation
Current approved method and equipment for drying
Preparing foods for drying
Storage of dried foods
Drying in the microwave
Meat Jerky
Smoking Meat, Poultry and Fish
Evaluating the safety and quality of dried and smoked foods

Take Home Exam Distributed

TBD

@ KFL Church*

New Volunteers Only

Laboratory #2 - Hands on Pickles and Drying

Marinated Mushrooms / Meat Jerky/ Infused Oils

Wed., June 1st

9am – 1pm

Tomatoes and Tomato Products

Why tomatoes are special

Boiling water and pressure canning processing guidelines

The need for acidification

Canning salsa

Spaghetti and other sauces

Dried tomatoes in oil

Evaluating the safety of home canned tomato products

Wed., June 8th

9am – 1pm

Making and Preserving Fruit Spreads and Syrups

Classification of Fruit Spreads

Ingredients common to all fruit spreads

Equipment, preparation and processing guidelines

Remaking runny jams/jellies

No and low sugar products

Common problems and solutions

Evaluating the safety of fruit spreads and syrups

TBD

@KFL Church*

New Volunteers Only

Laboratory #3: Sauerkraut

Fruit Spreads; Low Sugar Fruit Spreads; Syrup

Wed., June 15th

9am – 1pm

Miscellaneous

Low Sugar Fruit Spreads

Queso Fresco

Flavored Vinegars/Oils

Miscellaneous

Wed., June 22nd

Last Class Session – Catch Up/Wrap Up

Friday, July 8th

Take Home Exams Due by 4:00 p.m.

****KFL Church = Kennewick First Lutheran Church, 418 N. Yelm St., Kennewick, WA 99336***

Additional Topics:

Meet the Regulators – Guest Speakers

Department of Health (DOH)– Food Safety

Department of Agriculture (WSDA)– Food Safety

Stages of Change

Perception of Risk

Learning Styles



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2022 Master Food Preserver Registration – Part 1

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

E-mail: _____

Application Category:

New Volunteer

Benton or Franklin County Residents Only

\$95 course fee and commitment to do 50 hours volunteer outreach in 2022

Please complete Part 1 and Part 2 of Registration Form.

Returning Volunteer

\$35 course fee and commitment to do 50 hours volunteer outreach in 2022

Must have participated in 2019

Proceed to Part 2 and Sign Volunteer Agreement.

All WSU Volunteers are required to be vaccinated per the Governor's mandate.

Are you able to provide proof of vaccination for COVID-19? Yes____ No____

Non -Volunteer

\$475 course fee (space available basis) No volunteer outreach hours required.

Please complete Registration Form Part 1 only. Non-Volunteers have no vaccination requirement.

Reasonable accommodation will be made for persons with disabilities and special needs who contact the Program Coordinator/Instructor, Lizann Powers-Hammond, by March 31, 2022 at 7102 W. Okanogan Pl. Ste. 102, Kennewick, WA 99336 or (509) 735-3551 or email to:

powers@wsu.edu

Do you have any special accommodation needed because of a disability? _____

Why do you want to participate in the Master Food Preserver Program?

What sources of food preservation instructions/recipes are you presently using?

What others have you used in the past? _____

Have you had any out-of-the-ordinary food preservation experiences?

(Please circle one answer) yes no

If yes, please describe _____

What kind of experiences have you had working with people (for pay, volunteer, club, church) _____

Master Food Preserver Experience Survey

Name: _____ Date: _____

Listed below are topics that will be covered in each training class. For each class, please circle what you feel you may know about the topic.

Please rate your knowledge of the topic on a scale from 1 to 5 as follows:

1 = None 2 = Some 3 = Average 4 = A lot 5 = A Great Deal

Topic	1	2	3	4	5	Comments:
Food Spoilage						
Storage of Foods						
Food Safety						
Prevention of Food Borne Illness						
Refrigeration and Cold Holding						
Freezing						
Boiling Water Canning						
Canning Fruits						
Pressure Canning						
Canning Vegetables						
Canning Meats						
Canning Fish and Seafood						
Canning Tomatoes						
Canning Salsa						
Pickles						
Sauerkraut						
Drying						
Jams and Jellies						
Low Sugar Jams						
Food Preservation for Special Diets						
Other:						

WSU Extension Master Food Preserver Volunteer Registration - Part 2

Washington State University Master Food Preserver Volunteer Agreement

As a Volunteer in the WSU Master Food Preserver Volunteer Program, I agree to:

(Please initial each line)

___ Attend all training sessions for the Master Food Preserver Program. New volunteers will be dropped from the program after two absences or excessive tardiness.

___ Share only USDA research-based food preservation information taught to me by the Washington State University Extension Faculty.

___ Refer questions on which I have not received training, or am unsure of, to the Washington State University Extension Faculty (Lizann Powers-Hammond)

___ Complete and document to a minimum of 50 hours of volunteer outreach education as a Master Food Preserver in Benton and Franklin counties during the calendar year.

___ Complete course work and final exams with a score of 85% or better.

___ Avoid endorsement or criticism of any brand name product, company, store or business.

___ Recognize that WSU Extension programs are available to all without discrimination and comply with affirmative action policies established by WSU.

___ Refer to myself as a Washington State University Master Food Preserver only after I have completed training, passed the written and oral exams, and only in the year certified. I will not wear my Master Food Preserver name tag nor refer to myself as a WSU Master Food Preserver when I am working for another agency, company or commercial entity.

I understand that if I do not complete the program, or am dropped from the program, I will not be refunded the course registration fee. As a volunteer, if I do not complete the course requirements or document my 50 hours of volunteer outreach, I agree to pay the \$475 non-volunteer course fee.

Signature

Date

Printed Name

Photo/Video Release

In the event your picture is taken during a WSU Master Food Preserver event, do you give WSU permission for that picture or video sequence to be used in WSU brochures, publications or websites? Please check one of the boxes below:

- Yes - I DO** give Washington State University permission to use my photographic and/or video likeness taken during any WSU Extension Master Food Preserver event or anywhere I am representing the WSU Extension Master Food Preserver Program as a Trainee, Intern, or Certified Master Food Preserver Volunteer, by any means and without limit for education, demonstration, and promotional purposes.

- NO - I DO NOT** give Washington State University permission to use my photographic and/or video likeness taken during any WSU Extension Master Food Preserver event or anywhere I am representing the WSU Extension Master Food Preserver Program as a Trainee, Intern, or Certified Master Food Preserver Volunteer, by any means and without limit for education, demonstration, and promotional purposes.

Applicant Signature: _____

Date: _____

Background Check

I understand that a criminal background check will be completed prior to final consideration of my application to volunteer. I understand that misrepresentation or omission of required information is just cause for non-appointment as a volunteer with Washington State University Extension. I understand that I serve at the pleasure of the Washington State University Extension and agree to abide by the policies of Washington State University Extension and individual program areas and to fulfill the volunteer responsibilities to the best of my ability.

Signature: _____

Date: _____