



Benton/Franklin County

## Master Food Preserver

WASHINGTON STATE UNIVERSITY  
EXTENSION



### **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 27<sup>th</sup>  
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 4<sup>th</sup>  
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 11<sup>th</sup>  
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 18<sup>th</sup>  
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 25<sup>th</sup>  
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 1<sup>st</sup>**

**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 8<sup>th</sup>**

**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 15<sup>th</sup>**

**9am – 1pm**

**Miscellaneous**

Low Sugar Fruit Spreads

Queso Fresco

Flavored Vinegars/Oils

Miscellaneous

**Wed., June 22<sup>nd</sup>**

Last Class Session – Catch Up/Wrap Up

**Friday, July 8<sup>th</sup>**

**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