



WSU EXTENSION
Benton/Franklin County



Master Food Preserver Program 2024 Training Schedule

**Wed., April 17th
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
Principles of preservation
Quality vs. safety issues
Shelf life of foods
Understanding water activity and pH
Packaging and packaging materials

**Wed., April 24th
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
Mold - When to save, when to throw out
Evaluating the safety of food handling practices

**Wed., May 1st
9am-1pm**

Cold Storage: Refrigeration, Freezing and Root Cellaring

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

**Wed., May 8th
9am – 1pm**

Home Canning: The Basics

Proper canning methods
Recipe development for home canned foods.
Unconventional and unsafe canning practices
Equipment and supplies
Canning Reference: The good, the bad, the deadly.

Continued
Wed., May 8th
9am – 1pm

Canning Acid Foods

Definition of acid foods
Recommendations for canning fruits.
Specialty fruit products - pie fillings, fruit puree, fruit juices
Evaluating the safety and quality of home canned high acid foods

Wed., May 15th
9am – 1pm

Canning Low Acid Foods

Definition of low acid food

Botulism poisoning
Precautions for canning low acid foods
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

Wed., May 22nd

Spring Break – No Class

Wed., May 29th
9am – 1pm

Preparation and Processing of Pickled Foods

Types of pickled and fermented foods
Equipment needs for pickling
Processing pickled and fermented foods
Sauerkraut
Common problems and solutions
Evaluating the safety and quality of pickle recipes and pickled products

Wed., June 5th
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

Wed., June 12th
9am – 1pm

Tomatoes and Tomato Products

Why tomatoes are special
Boiling water and pressure canning processing guidelines
The need for acidification
Home canned salsa
Tomato-based sauces and specialty products
Dried tomatoes in oil
Evaluating the safety of home canned tomato products

**Wed., June 19th
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 options
Common problems and solutions

**Wed., June 26th
9am –noon**

Freeze Drying

Understanding the process
Equipment needs and costs
Storage of freeze-dried foods

Food Security

Homeland Security – Monitoring food terrorism

Food Processors License

Catch Up/Wrap Up

Weds., July 10th

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

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

Hands on Labs for New Volunteers Only- Dates and Times to Be Determined

Laboratory #1 Hands on Boiling Water Canning – Apple Pie Filling

Laboratory #2 - Pressure Canning – Chili

Laboratory #3 - Pickles and Drying/Marinated Mushrooms /Meat Jerky

Laboratory #4 – Sauerkraut; Fruit Spreads; Low Sugar Fruit Spreads; Syrups

Schedule Revised: 2/7/2024