



2019 Prepare to Preserve

a series of five lessons* for the in-home consumer who wants to learn about food preservation and food safety.

WSU Extension – 222 N. Havana, Spokane

Wednesday evenings from 5:30- 7:30 p.m.

November 6 through December 11 (no class 11/27)

Cost for the series: \$75/individual; \$85/two at same address

1. **Introduction to Home Food Preservation** – Nov 6, 2019 5:30 – 7:30 PM
 - a. Food Preservation Methods
 - b. Costs of home Food Preservation
 - c. Nutrition in Preserved Food

2. **Causes and Prevention of Food-borne Illness**– Nov 13, 2019 5:30 – 7:30 PM
 - a. Food Safety Basics
 - b. Factors that Affect Growth of Bacteria and Molds in Food
 - c. Bacteria, Viruses, and Parasites that Cause Foodborne Illness
 - d. Molds and how they relate to foodborne illness

3. **Spoilage and Canning Basics**– November 20, 2019 5:30 – 7:30 PM
 - a. General Rules for Canning
 - b. Good Canning Practices
 - c. Adjusting for Altitude
 - d. Potential Canning Problems

4. **Canning Naturally Acid Foods** – Boiling Water Canning – December 4, 2019 5:30–7:30 PM
 - a. Identifying Acidic Foods
 - b. Hot vs. Raw pack

5. **Canning Low Acid Foods** - Pressure Canning– December 11, 2019 5:30–7:30 PM
 - a. Identifying Low acid foods
 - b. Buying and Using a Pressure Canner

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Spokane County Extension at 222 N Havana Spokane WA 99202; (509) 477-2048 at least two weeks prior to the beginning this educational series.

* This class is designed for beginning food preservationists as well as veterans who want to update their knowledge and skills. These lessons provide the most current USDA approved food preservation recommendations. After successful completion of the five-class series, participants will be awarded a Food Preservationist Certificate.

Please register me in Prepare to Preserve Series \$75/person; \$85/two at same address

Name: _____ Email: _____

Address _____ Daytime phone _____

City _____ State _____ Zip _____

**Please make check or money order payable to WSU Extension and send to: 2019 Prepare to Preserve
222 N. Havana St
Spokane WA 99202-4799**

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