FOOD PRESERVATION PUBLICATIONS
Available from Iowa State University Extension and Outreach
Visit store.extension.iastate.edu or ask your local Extension and Outreach office for copies of these titles:

- Canning: Fruits PM 1043
- Canning: Vegetables PM 1044
- Canning: Fruit Spreads PM 1366
- Canning: Pickled Products PM 1368
- Freezing: Fruits and Vegetables PM 1045
- Canning and Freezing: Tomatoes PM 638
- Canning: Meat, Poultry, Wild Game, and Fish PM 3021
- Canning: Salsa HS 0021

FOR MORE INFORMATION
ANSWERLINE
(800) 262-3804 or Iowa Relay TTY— (800) 735-2942
www.extension.iastate.edu/humansciences/answerline

IOWA STATE UNIVERSITY EXTENSION ONLINE STORE
store.extension.iastate.edu

IOWA STATE UNIVERSITY FOOD PRESERVATION
www.extension.iastate.edu/humansciences/preserve-resources
Links to a variety of food preservation resources

NATIONAL CENTER FOR HOME FOOD PRESERVATION
nchfp.uga.edu/index.html
Links to a variety of publications and self-study courses

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... and justice for all.
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PRESERVE THE TASTE OF SUMMER

REGISTER: www.extension.iastate.edu/registration/events/conferences/preservation/

• Complete online lessons • Call one of the offices listed on the back page for workshop information • Attend workshop

ONLINE LESSONS
1. Food Safety
2. Canning basics
3. Canning acid foods
4. Pressure canning low-acid foods
5. Preparation and canning of pickled and fermented foods
6. Making and preserving fruit spreads
7. Freezing foods, storage of frozen and refrigerated foods
8. Drying foods

You can now choose to view these lessons in a group setting during four in-person sessions at your local Extension and Outreach Office. (See Session listings below.) Please contact your local office for more information. (See listing on back page.)

Session 1 (1.5 hours)
Lessons 1 & 2

Session 2 (1 hour)
Lessons 3 & 7

Session 3 (1.5 hours)
Lessons 4 & 5

Session 4 (1 hour)
Lessons 6 & 8

WORKSHOPS
• Hot water bath canning (salsa making) and freezing • Jams and dehydrating
• Pickle making • Pressure canning

$100— PROFESSIONAL
Continuing education for teachers and registered dietitians only

• Complete all eight online lessons • Complete two hands-on workshops

$35— HOME FOOD PRESERVER

• Complete all eight online lessons • Complete one hands-on workshop

$20 each— ADDITIONAL HANDS-ON WORKSHOPS

VOLUNTEER FOOD PRESERVATION ASSISTANT PROGRAM (OPTIONAL)
Those who complete all the online lessons and attend at least one workshop are eligible for our Volunteer Food Preservation Assistant Program. As a volunteer food preservation assistant you will assist ISU Human Sciences Extension and Outreach Nutrition and Wellness Specialists in conducting Preserve the Taste of Summer workshops and group sessions.