

## Preserve@Home

University of Idaho and Oregon State University Extension offer **Preserve @ Home** to teach adults how to safely preserve a variety of food products. Participants learn how to produce high quality preserved foods and the science behind food preservation and food safety.

Individuals with little or no previous food preservation experience are welcome. Anyone with an interest in food preservation and food safety can enroll in **Preserve@Home**.

Students progress through lessons at their own pace or at a time convenient to them.

### Cost

\$50 for 6 weeks of on-line classes and includes lab fee.

Enrollment is limited.



**Enrollment deadline:**  
**January 25, 2010**

**Class starts:**  
**February 4, 2010**



### Apply

Download your application at:  
<http://extension.oregonstate.edu/deschutes/food-preservation> *Call to reserve your space and return your application and fee before January 25.*

### On-line Course Description

On-line classroom instruction using University of Idaho Blackboard software monitored and facilitated by UI and OSU Extension Educators.

Each lesson includes online text (that can be downloaded and printed), on-line bulletin board to facilitate student discussion, a real-time chat to

interact with classmates and a quiz to access student knowledge.

### Weekly Lessons

1. Foodborne Illness - causes and prevention
2. Spoilage and Canning Basics
3. Canning High Acid foods
4. Canning Specialty High Acid Foods - pickles, salsa, jams, jellies, etc.
5. Canning Low Acid Foods
6. Freezing and Drying

At the conclusion of the course work a final exam is given. Certificates will be awarded.

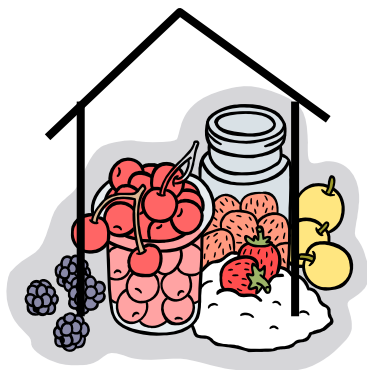
### Hands-on Lab

This 6-hour lab on **March 20** will give all Central Oregon participants an opportunity to practice using pressure and water-bath canners. Samples will be available to take home. Participants will need to bring 2 canning jars (pints), lids and rings. The lab will be at the OSU/Deschutes County Extension Office at the Fairgrounds in Redmond, OR.

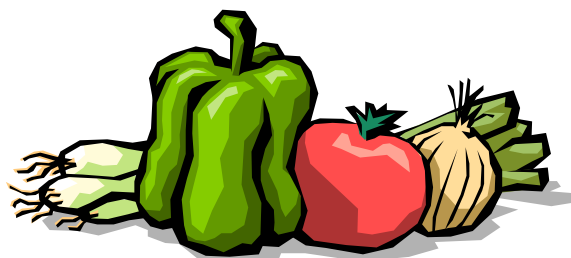


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UI and OSU Extension Outreach



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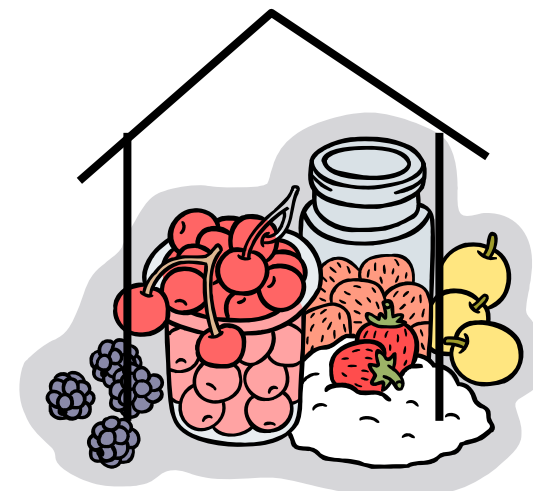
To view the **Preserve@Home** course syllabus go to:  
[http://extension.ag.uidaho.edu/boundary/online\\_courses.htm](http://extension.ag.uidaho.edu/boundary/online_courses.htm)

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In compliance with the Americans with Disabilities Act of 1990, those requesting reasonable accommodations need to contact Carol Hampton one week prior to the starting date of the program at 267-3235 or [champton@uidaho.edu](mailto:champton@uidaho.edu)

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UI and OSU Extension Outreach



A Web-based Food Preservation Course

**University of Idaho**  
Extension

With  
Hands-On Lab for  
Central Oregon  
Participants

**OSU**  
**Oregon State**  
UNIVERSITY  
Extension Service