

WEDNESDAYS, OCTOBER 2, 16, 30 AND NOVEMBER 13 | 12:30PM.

GEHLAR WELLNESS KITCHEN

| 1ST FLOOR BUILDING D SALEM HOSPITAL | 939 OAK ST SE, SALEM OR

OSU EXTENSION SERVICE PRESENTS

PUT IT UP

FOOD PRESERVATION

FOR YOUTH

A 4-part hands-on food preservation series for youth ages 7 - 19 .
Registration is limited to 14 youth.
Youth ages 7-10 must be accompanied by parent/guardian.

Join trained Master Food Preserver volunteers and 4-H instructors to explore and understand the science of food preservation.

Techniques covered include drying fruit, making jam and pickles, and water bath canning principles. Students will be expected to follow directions and safe kitchen practices throughout the 4-part series.

Parent permission required.

- **\$20 per student**
- **Register by September 13, 2019 at**
- <http://bit.ly/4-HPutItUp>

For more information, contact
Tonya Johnson at **(503) 373-3763** or
tonya.johnson@oregonstate.edu



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