Welcome to the May issue of our newsletter. We hope you are staying healthy and well. Thank you for your continued support of the OSU Extension Family and Community Health program in Clackamas County!

Pressure Gauge Testing by Appointment
Home canners know to get their pressure canner gauges tested yearly. Testing is available at the Clackamas County Extension Service, where a safety risk management plan has been implemented. Please call (503) 655-8631 to schedule an appointment. If you are uncomfortable coming to the office, you can convert your dial gauge canner to a weighted gauge canner. (Weighted gauge canners do not require testing). If you own a Presto pressure canner, you can purchase a 3-piece weighted gauge from a store that offers canning equipment. If you own an All American canner, you can purchase a conversion kit online. Also check the gaskets and sealing rings. If they are worn, stretched or hardened, you will need to replace them. These items are also available at stores that offer canning equipment.

For more information about pressure canners, consult the publication “Using and Caring for your Pressure Canner.” Up-to-date, tested recipes for all methods of food preservation are available at https://extension.oregonstate.edu/food/preservation. If you have any additional questions, contact Kelly Streit at kelly.streit@oregonstate.edu.

Welcome Erika to the SNAP-Ed Volunteer Team!
"Hello! My name is Erika, I am a currently in the graduate program at NUNM studying Nutrition. I have my undergraduates degree in Sociology. I moved to Portland in September from New York. I have spent years working in the food industry as a server/bartender. I love cooking, as well as making all-natural whole body products. Upon graduating, I plan to work in the social service aspect of nutrition, focusing on working with families in the community, and helping with policy change. So far I love interning for SNAP-Ed and look forward to being able to work on more projects and helping to create food demos that are appealing, healthy and fun to make!"

- Erika

We are very happy to welcome Erika and look forward to all of the great work we can accomplish together.
Stretching Your Food Budget During a Pandemic

Looking for ways to stretch your food budget? One way is to substitute canned or frozen fruits and vegetables for fresh. But does that mean sacrificing nutrients?

Studies show that frozen and canned fruits and vegetables without added salt and sugars have a nutrient value that is often as good as, if not better, than that of fresh produce.

- Freshly harvested fruits and vegetables generally start out with more vitamins and nutrients compared to frozen and canned. However, by the time fresh produce ends up in your grocery cart, the nutrient content has diminished.
- Frozen fruits and vegetables are picked at their peak ripeness and quick frozen, which helps preserve their quality and nutritional content.
- Produce can lose some of its vitamin B and C content during canning. However, once in the can, the nutrients are protected from the deteriorating effects of oxygen.

At the end of the day, fresh, frozen, or canned fruits and vegetables are all nutritious options. Pick the one that fits your budget.

New Food Hero Resources

Food Hero has a new COVID-19 page in English and Spanish with activities for home, gardening tips, kid-approved recipes, pantry recipes, and resources for older adults. Listen to Oprah Winfrey read The Hula Hoopin’ Queen on Storyline, and do the activities on Food Hero’s Bingo at Home cards.
SNAP-Ed Annual Update
The Clackamas County SNAP-Ed Unit Annual Update has been posted to the Food Hero website! See the highlights of how Food Hero has made an impact in our community.

April's Popular Facebook Post:
"Pickled asparagus is delicious and easy to make. Follow the guidelines in OSU's Pickling Vegetables publication for tested recipes on this and other seasonal favorites."

Check out OSU Extension Clackamas Family & Community Health's Facebook page @OSUExtFCH for popular topics and information. Follow, Like, Comment, and Share!

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