

# FOOD PRESERVATION 101:

## Introductory Course for Home Food Preservation



**DON'T KNOW WHAT TO DO WITH YOUR EXCESS GARDEN PRODUCE?**

**DO YOU WANT TO LEARN HOW TO PRESERVE FOOD SAFELY AT HOME?**

Date: Tuesday, August 28, 2018

Time: 2:00-3:30 p.m.

Location: Davis County Sieda Office

203 S. Madison St.

Bloomfield, IA 52537

Sponsored by: Sieda Community Action

Register by calling Davis Co. Sieda Office at (641)664-1911

*This program is free to participants thanks to grant funding from Hy-Vee.*

Iowa State University Extension and Outreach programs are available to all without regard to race, color, age, religion, national origin, sexual orientation, gender identity, genetic information, sex, marital status, disability, or status as a U.S. veteran. Inquiries can be directed to the Director of Equal Opportunity and Compliance, 3280 Beardshear Hall, (515) 294-7612. EOADV.14.04G4

Preserving foods at home is not difficult, but it does require following research-based recipes. Even if you have been a home food preserver for years, come and learn the latest recommendations.

For more information contact:

**Sara Sprouse, MSN, RN**

Human Sciences Specialist,

Nutrition and Wellness

p: 319.293.3039

c: 641.919.3796

[sprouse@iastate.edu](mailto:sprouse@iastate.edu)

### WHAT YOU'LL DO...

- Be introduced to safe home food preservation methods including canning, dehydrating and freezing.
- Receive food preservation handouts.
- See various food preservation supplies and equipment on display
- Learn more about Preserve the Taste of Summer
- Taste different home preserved items
- Have your dial gauge for a pressure canner tested for free

**IOWA STATE UNIVERSITY**  
Extension and Outreach