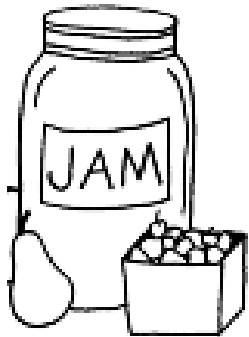


Food Preservation Self Study Course



Interested in doing your own food preservation but not sure how to do it?

OR

Need some troubleshooting advice in the area of food preservation? Then this course is for you!

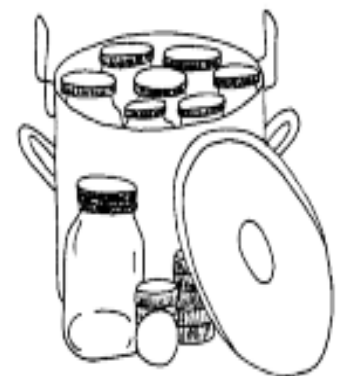
This comprehensive self-study course is an excellent resource for anyone doing home food preservation. The packet contains the following six lessons and a lesson key for each unit to check your know-how at the end:

- 1) Food Safety Overview
- 2) Freezing
- 3) Canning
- 4) Making Jams and Jellies
- 5) Pickles and Relishes
- 6) Drying Fruits, Vegetables and Meats

Cooperative Extension Fact Sheets are included for each topic area, along with answers to commonly asked questions.

Cost: \$12.00, plus shipping

To order: Please contact Larimer County Cooperative Extension at **(970) 498-6000**



For more information on food safety, please visit the Colorado State University Extension website at <http://www.ext.colostate.edu/pubs/foodnut/pubfood.html> or the SafeFood website at www.colostate.edu/orgs/safefood/