For Health Conscious Consumers

2 part seminar - Tuesday March 20
& Thursday March 22, from 7:00 – 9:00 PM

Where: Ada County Extension Office, 5880 Glenwood Street, Boise, ID

Cost: $10.00 includes both sessions

What: Two evenings - 2 hours each, demonstration

University of Idaho Extension

Learn from new curriculum, the definition of seafood, health benefits, dietary guidelines, recommendations, and potential health risks. Learn about seafood inspection, how to select, the amount to purchase, safely cook and store all kinds of seafood and freshwater fish.

We don't want to miss you (small classes will be postponed) so please register today!

For more information go to: extension.ag.uidaho.edu/ada or call 208-287-5900

✂✂✂ Clip and mail ✂✂✂ Make your check payable to Bursar, University of Idaho - mail with registration form below to 5880 Glenwood St., Boise, ID 83714

Seafood at its Best *- Name* _____ *day phone* _____

Address _____

P O Box or Street Address *City* *State* *Zip*

Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact MM Draper two weeks before the class at 5880 Glenwood St., Boise, ID, 208-287-5900 or, mmdraper@uidaho.edu.

University of Idaho, U.S. Department of Agriculture and Ada County cooperating.

SAVE THE DATE

University of Idaho Extension is offering the Food Safety Advisor Program (formerly Master Food Preserver) to teach individuals how to safely preserve a variety of food products. Participants learn how to produce high quality preserved foods. After completion of the coursework, participants provide 30 hours of volunteer service, providing reliable, research-based food preservation information to others in their community.

Topics

- Food safety
- Canning acid foods (fruits, tomatoes)
- Canning low acid foods (meats, vegetables)
- Making jams, jellies & preserves
- Pickling
- Dehydration
- Food storage
- Freezing
- Nutritional value of preserved foods
- Economics of food preservation

Details

A $140 fee covers the cost of a binder, reference materials, food and supplies used in class. The binder and reference materials become part of your personal library. The class is offered Tuesdays starting April 10th thru May 29 at the University of Idaho Extension Office, 5880 Glenwood Street, Boise, ID. The classes are from 9 am to 3 pm with lecture and hands-on lab. For an application call Linda Murdock, 208-287-5900.