



**Preserve @ Home** provides research-based food preservation education across geographical barriers. Participants learn how to produce high quality preserved foods and the science behind food preservation and food safety.

Individuals with little or no previous food preservation experience are welcome. Anyone with an interest in food preservation and food safety can enroll in **Preserve @ Home**.

**Enrollment & Payment Deadline**  
**January 18, 2022**

**Online Course Available/Start Date**  
**January 20 at 1:00 p.m. MT**

**Chats Thursday's 1:00 p.m. MT**  
**January 27 – February 24**



**Cost:** \$35 registration fee plus cost of supplemental materials. For more information, send in brochure form or email [lsant@uidaho.edu](mailto:lsant@uidaho.edu).

### **Online Experience**

Online classroom instruction using eXtension's Moodle open source platform monitored and facilitated by Extension Faculty.



**Each lesson includes** online text (that can be downloaded and printed), online discussion Board to facilitate student interaction, a real-time video chat with classmates/instructors and open book lesson quizzes to assess knowledge gained.



### **Lessons**

1. Causes and Prevention of Foodborne Illness
2. Spoilage and Canning Basics
3. Canning Acid Food: Boiling Water Canner
4. Canning Low Acid Foods: Pressure Canner - Dial/Weighted
5. Canning Specialty Foods (jams, jellies and preserves; salsas; pickled & fermented foods)
6. Drying and Freezing

### **Supplemental Materials**

7. Nutritional Value & Cost of Preserved Foods
8. Miscellaneous Food Safety & Preservation
9. Preparing for and Coping with Emergencies and Disasters.
10. High Altitude Canning
11. Starting Right – Gardening for Success
12. Root Cellaring: Storing your Garden Harvest

**Online access NOT available after**  
**March 17, 2022**

\*\*At the conclusion a final exam is given and a Certificate of Completion is awarded for **80%** or greater of available points.

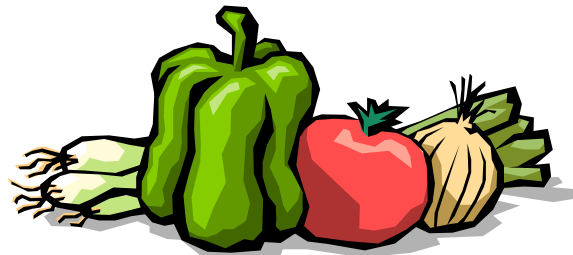
**Please send me a registration form for Preserve @ Home**

Name \_\_\_\_\_ Daytime Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Your email:** \_\_\_\_\_

Mail to: Laura L. Sant      Email to: [lsant@uidaho.edu](mailto:lsant@uidaho.edu)  
Franklin County Extension  
561 W Oneida  
Preston ID 83263

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Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact Laura Sant one week before the starting date of the program at 208-852-1097 or [lsant@uidaho.edu](mailto:lsant@uidaho.edu)



**PRESERVE  
@ HOME**

University of Idaho Extension

**A Web-Based  
Food Preservation Series**