



Food Preservation: Canning, Freezing, Drying, & Fermenting

Course Schedule

| Week (s) | Topic (s) |
|---------------|--|
| Week 1 | <ul style="list-style-type: none">• Water bath canning: pickling, jams, jellies, preserves, tomatoes, salsas, and more! |
| Week 2 | <ul style="list-style-type: none">• Pressure canning: vegetables, meat, soups, and more! |
| Week 3 | <ul style="list-style-type: none">• Freezing, drying, and fermenting: fruits, vegetables, meats, sauerkraut, and more! |

Note: Each week, you will go home with a jar of food you preserved. In addition to hands-on learning using a water bath canner and pressure canner, you will learn:

- **What causes food to spoil?**
- **What are the special considerations to know about preserved food to keep it safe?**
- **What should a recipe include so you know it's reliable and safe for your family?**
- **How can you adapt recipes for low sodium, sugar-free, or other special needs?**

Subject to Change