



Benton/Franklin County

Master Food Preserver

WASHINGTON STATE UNIVERSITY
EXTENSION

Master Food Preserver Volunteer Training 2016 Tentative Schedule

April 19th
Tuesday
9:15 am - 1 pm

Orientation and Overview of Program Requirements

History of the Master Food Preserver program
Connection to Washington State University
Importance of research based information
Why food preservation is important
Course requirements
Review of Participation Agreement

Basics of Spoilage and Preservation

What causes food deterioration
Quality vs. safety issues
Factors that influence the preservation of foods
Shelf life of foods
Storing food and water for emergencies
Mold - When to save, when to throw out

April 26th
Tuesday
9:15 am - 1 pm

Cause and Prevention of Food borne Illness

Micro-organisms in food
Bacteria and viruses that cause food borne illness
Potentially hazardous foods
Strategies for prevention of food borne illness
Evaluating the safety of hazardous foods

May 3rd
Tuesday
9:15 am - 1 pm

Cold Storage: Guidelines for Refrigeration & Freezing

Safe temperature for cold holding of food
Packaging guidelines
Blanching - Is it necessary?
Shelf life of refrigerated/frozen foods
What to do if the power fails
Evaluating the safety and quality of cold foods

<p>May 10th Tuesday 9:15 am- 1 pm</p>	<p>Canning Basics (Fruit and Fruit Products) Proper canning techniques Unsafe canning practices Approved equipment and supplies Unsafe equipment Specialty fruit products - pie fillings - fruit puree - fruit juices Evaluating the safety and quality of home canned high acid foods</p>
<p>May 17th Tuesday 9:15 am - 1 pm</p>	<p>Canning Vegetables - Meat, Fish and Poultry Precautions for canning low acid foods Botulism poisoning Use of the pressure canner Testing pressure gauges for accuracy Disposal of improperly canned low-acid foods Evaluating the safety and quality of home canned low-acid foods</p>
<p><i>Date TBD</i></p>	<p><i>New Volunteers Only</i> Laboratory #1 - Hands on Boiling Water Canning & Pressure Canning Apple Pie Filling and Chili</p>
<p>May 24th Tuesday 9:15 am - 1 pm</p>	<p>Preparation of Pickles and Pickled Products Types of pickled foods Special equipment needs Options for processing pickles Sauerkraut Common problems and solutions Analyzing recipes for safety Judging quality and safety of pickled products</p>
<p>May 24th</p>	<p>Take Home Exam Distributed</p>
<p>May 31th Tuesday 9:15 am - 1 pm</p>	<p>The Ancient Art of Drying History of drying as a method of preservation Current approved methods for drying Suitable foods for drying Storage of dried foods Drying in the microwave Meat Jerky - New recommendations Judging the safety and quality of dried foods</p>
<p><i>Date TBD</i></p>	<p><i>New Volunteers Only</i> Laboratory #2 - Hands on Pickles and Drying Marinated Mushrooms / Meat Jerky/ Infused Oils</p>

June 7rd
Tuesday
9:15 am - 1 pm

Tomatoes and Tomato Products
Why tomatoes are special
Water-bath and pressure canning guidelines
The need for acidification
Canning salsa
Spaghetti and other sauces
Dried tomatoes in oil
Evaluating the safety of home canned tomato products

June 14th
Tuesday
9:15 am- 1 pm

Jams, Jellies and Preserves
Ingredients common to all fruit spreads
Processing guidelines
Remaking runny jams/jellies
Common problems and solutions
Evaluating the safety of jam and jelly products

June 21st
Tuesday
9:45 am - 1 pm

Last Class Session - Wrap Up
Low Sugar Fruit Spreads
Queso Fresco
Miscellaneous

Date TBD

New Volunteers Only
Laboratory #3: Sauerkraut
Fruit Spreads; Low Sugar Fruit Spreads; Syrup

Friday - July 1st

Take Home Exams Due by 4:00 p.m.