



**Preserve@Home** provides research-based food preservation education across Colorado county geographical barriers. Participants learn how to produce high quality preserved foods and the science behind current food preservation techniques 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**. Colorado Cottage Food Vendors that are making jams/jellies/and drying herbs could benefit from this online training.

**Eventbrite Registration & Payment Deadline**

**January 12, 2015**

**Online Course Available/Start Date**

**January 15, 2015**

**Chats Thursday's 1:00 MST**

**January 22 - February 26**

**Cost:** \$75 payable through Eventbrite registration  
<http://csu-ext-preserve-home.eventbrite.com>

### **Online Experience**

Online classroom instruction using eXtension's Moodle open source platform monitored and facilitated by UI Extension State Faculty. Online Course taught by State University Extension Agents from Idaho and Colorado.



**Weekly lesson includes** online text (that can be downloaded and printed), Online Discussion Board to facilitate student interaction, a real-time Chat with classmates and open book lesson quizzes to assess knowledge gained.



### **Six Weekly Lessons**

1. Causes and Prevention of Foodborne Illness
2. Spoilage and Canning Basics
3. Canning Acid Food - Boiling Water Bath
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

### **Extra 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 15, 2015**

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





**Colorado State University**  
**Extension**

Anne Zander

Family & Consumer Sciences Extension Agent Boulder County  
Please contact for any questions about this statewide online training  
303-678-6238

[azander@bouldercounty.org](mailto:azander@bouldercounty.org)

Registration via Eventbrite at:

<http://csu-ext-preserve-home.eventbrite.com>



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In compliance with the Americans with Disabilities Act of 1990, those requesting reasonable accommodations need to contact Anne Zander one week before the starting date of the program at 303-678-6238 or [azander@bouldercounty.org](mailto:azander@bouldercounty.org)



**Colorado State University**  
**Extension**



**PRESERVE**  
**@ HOME**

University of Idaho Extension

**Online-Based**  
**Six Week**  
**Food Preservation Series**