



Welcome To Food Families!





Food Preservation Module 8



So...?

- Did you finish your budget?
- What part of the budget conversation was helpful? Difficult?



Agenda

- Loaded Questions
- Why Preserve Foods?
- Food Preservation Methods
- Water Bath Canning
- Canning/Freezing Demonstration
- Q & A



Loaded Questions

Just for fun.



Food Preservation

- What have you preserved and how did you do it?
- When you were growing up, did a family member preserve food for you?
- Has anyone attempted to preserve food and it didn't work? What happened? What do you think went wrong?



Why Preserve Food?

- Increases the time a food can be safely stored
- Increases availability of out-of-season produce
- Can help save money
- Leverage local harvests
- A chance to be generous



Food Preservation Methods

- What are some of the ways someone can preserve foods?



Food Preservation Methods

- Root Cellaring
- Freezing
- Canning
- Pickling
- Drying
- Smoking



Water Bath Canning





Freezing Food





Let's Try Canning & Freezing Together



Food Preservation Q & A





**Will you be able to preserve
food at home?**

**Does anyone want to work
together to preserve food?**