



Benton-Franklin County 2009 Training Schedule

**April 21
Tuesday
9 a.m.- 1 p.m.**

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 28
Tuesday
9 a.m.- 1 p.m.**

Cause and Prevention of Foodborne Illness

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

**May 5
Tuesday
9 a.m.- 1 p.m.**

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

Promoting Fruit and Vegetable Intake

Nutritional value of fruits and vegetables

Dietary recommendations for fruits and vegetables

Fruits and Veggies: More Matters Educational Program

May 12
Tuesday
9 a.m.- 1 p.m.

Canning Basics (Fruits 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

May 19
Tuesday
9 a.m.- 1 p.m.

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

May 26
Tuesday
9 a.m.- 1 p.m.

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 2
Tuesday
9 a.m.- 1 p.m.

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

Take Home Exam Distributed

**June 9
Tuesday
9 a.m.- 1 p.m.**

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

**June 16
Tuesday
9 a.m.- 1 p.m.**

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 23
Tuesday
9 a.m. -1 p.m.**

Reduced and Low Sugar Fruit Spreads

Modified pectins
Alternative thickeners
Sugar substitutes
Processing recommendations
Spoilage issues

Queso Fresco

Safety issues
Cultural practices
Foodborne illness data from PNW
Hands on demonstration

**July 2
Thursday**

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