**CHOOSE FROM THREE CLASSES:**
($5.00 REGISTRATION FEE)

**Tuesday, May 25, 2010**
6:00 – 8:30 pm
Cleveland County Extension Service
130 S. Post Rd., Suite 1
Shelby, NC 28152
704-482-4365
Contact: Nancy Jones

Make checks payable to:
Cleveland County Extension Service
Registration Deadline: May 18, 2010

**Thursday, June 10, 2010**
6:00 – 8:30 pm
Lincoln County Citizens Center
115 West Main St.
Lincolnton, NC 28092
704-736-8461
Contact: Melinda Houser

Make checks payable to:
Lincoln County LCFCS
Registration Deadline: June 3, 2010

**Monday, June 14, 2010**
6:00 – 8:30 pm
Lucile Tatum Homemaker’s Center
959 Osceola St.
Gastonia, NC 28052
704-922-2110
Contact: Sue Bugg

Make checks payable to:
Gaston County Cooperative Extension
Registration Deadline: June 7, 2010

Class Registration fee is $5.00 and includes handout information. Seating is limited and pre-registration is required. To register for a class, call the Extension Agent in the county where you plan to attend the workshop.

Accommodations for individuals with disabilities: For accommodations for persons with disabilities, contact the Extension Agent in the county where you plan to attend the workshop no later than 5 business days before the event.

**Course Instructors**

NC Cooperative Extension
Family and Consumer Science Agents

Melinda M. Houser
*Lincoln County*
704.736.8461
e-mail: melinda_houser@ncsu.edu

Nancy H. Jones
*Cleveland County*
704.482.4365
e-mail: nancy_jones@ncsu.edu

Linda J. Minges
*Gaston County*
704.922.2127
e-mail: linda_minges@ncsu.edu

NC State commits itself to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, NC State welcomes all persons without regard to sexual orientation.

The Safe & Easy Way to Preserve Foods 2010

with

North Carolina Cooperative Extension
This class is for anyone who...

- Uses old canning recipes—such as grandma’s recipes, church cookbooks, etc..
- Is new to canning or has not canned in a long time.
- Uses recipes that are not Extension-approved.
- Uses water bath canning for green beans, corn and other low-acid vegetables...this is not a safe practice.
- Has been canning for a long time without contacting the local Cooperative Extension office for annual updated canning guidelines.

Booklets to be provided with additional information on drying and freezing techniques.

Just “Can” It

You will learn the essentials to home canning which include:
- What equipment and supplies are needed to begin canning.
- Correct canning techniques for low and high acid foods.
- Important food safety techniques to ensure safely canned foods.
- How to use a pressure canner and water bath canner.
- Answers to frequently asked canning questions.

“Jammin” with Jellies

The program will provide information about making soft spreads such as:
- Varieties of soft spreads including jellies, jams, butters, conserves, marmalades and preserves.
- Equipment and supplies needed for making soft spreads.
- Variety of recipes, including reduced-sugar varieties.
- Answers to frequently asked questions about making soft spreads.

Pickling Pointers

Information will be provided to help you pickle a variety of foods:
- Varieties of pickled foods such as dills, sweet pickled fruits, chutney, relishes and sauerkraut.
- Correct pickling techniques and food safety practices.
- How to make low sodium and reduced sugar pickles.

Pressure Canner Dial Gauge Testing Will Not Be Provided During This Program. Call Your Extension Office to Have Your Gauge Tested.