

# Virginia Cooperative Extension

A partnership of Virginia Tech and Virginia State University

 **VirginiaTech**  
College of Agriculture  
and Life Sciences



**Fairfax County Office**  
12011 Gov't Center Pkwy, 10<sup>th</sup> Floor  
Fairfax, VA 22035  
703-324-5369 [offices.ext.vt.edu/Fairfax](http://offices.ext.vt.edu/Fairfax)



**To schedule a program for your group:**

*Workshops are available as our schedule permits. To arrange one of these programs for your group or community organization, contact:*

Katie Strong, M.S., R.D.  
Associate Extension Agent  
12011 Government Center  
Parkway, Suite 1050  
Fairfax, VA 22035  
Phone: 703-324-5369  
E-mail: [kstrong@vt.edu](mailto:kstrong@vt.edu)

*If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Octavia Walker, Fairfax County Office at 703-324-5369/TDD\* during business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event. \*TDD number is (800) 828-1120.*

## Free Pressure Canner Testing

Dial-gauge canners need to be tested for accuracy every year. Weighted gauges do not need to be checked. High dome canners cannot be tested.

Contact Katie Strong [kstrong@vt.edu](mailto:kstrong@vt.edu).

## Family and Consumer Sciences

### Cooking and Food Preservation

**Boiling Water Bath Canning.** Learn to save fresh produce for use all year long, with proper canning methods. The boiling water bath method is used for preserving high-acid foods, such as chutneys, fruits, jams/jellies, pickled products, and salsas. Participants receive a packet of recipes and preservation instructions for preserving at home.

*Instructor demonstration only: 1 to 2 hours ♦ \$25/class fee\**

*Hands-on class instruction: 2 to 3 hours ♦ Fee\* ranges from \$5 to \$15/person, depending on ingredients (participants take home a jar)*

**Pressure Canning.** Learn to save fresh produce for use all year long, with proper canning methods. The pressure canning method is used for preserving low-acid foods, such as beans, cabbage, carrots, corn, and potatoes. Participants receive a packet of recipes and preservation instructions for preserving at home.

*Instructor demonstration only: 2 to 3 hours ♦ \$25/class fee\**

*Hands-on class instruction: 3 to 4 hours ♦ Fee\* ranges from \$5 to \$15/person, depending on ingredients (participants take home a jar)*

**Wild Fermentation.** The ancient technique of fermentation produces some of the most beloved food products around the world—sauerkraut, kimchi, miso, beer, wine, cheese, yogurt, and more. Learn to ferment fresh fruits and vegetables in your home.

*2 hours ♦ Fee\* ranges from \$5 to \$15/person, depending on ingredients (participants take home a jar)*

### Lecture or Display: Canning, Drying, Fermenting and/or Freezing.

When hands-on food preservation demonstrations are not possible, lectures and displays can convey important techniques for safety and quality. Adaptable to various events and locations.

\*Fees may be waived when groups provide demonstration supplies (e.g. jars, lids, and ingredients).



[www.ext.vt.edu](http://www.ext.vt.edu)

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Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments.

**Cooking Beans and Legumes.** Most Americans eat plenty of protein. However, the latest nutrition research shows that we're not eating the right *kinds* of protein. Learn delicious, easy methods for preparing these heart-healthy plant proteins. Beans and legumes can be incorporated as sides, snacks, main dishes, and even desserts.

2 hours ♦ \$10/person fee\*

**Cooking Tofu and Soy.** Most Americans eat plenty of protein. However, the latest nutrition research shows that we're not eating the right *kinds* of protein. Learn delicious, easy methods for preparing these heart-healthy plant proteins. This introductory workshop teaches essential techniques for preparing and cooking tofu and other soyfoods.

2 hours ♦ \$10/person fee\*



**Introduction to Gluten-free Living.** Do you have friends, coworkers, clients, or family members following a gluten-free diet? More than ever, adults and children are eliminating gluten to treat health conditions. This introductory presentation will identify: the health conditions that may merit a gluten restriction, the key diet considerations when avoiding gluten, and essential practices for safely serving adults and children with gluten restrictions. **IMPORTANT: This workshop is NOT a substitute for medical advice or dietary counseling. If you are concerned about your health or are newly diagnosed with Celiac disease, please consult your doctor or registered dietitian.**

2 hours ♦ \$10/person fee\*

By request:

- \* Heath fairs
- \* Guest speaking
- \* Additional topics
- \* Workshops adapted to needs



**Cooking Matters®.** With *Share Our Strength* and help of volunteers, course participants learn how to select nutritious and low-cost ingredients and prepare them in ways that provide the best nourishment possible to their families. Each week, participants take home a bag of groceries and prepare the meal they learn in class for their families.

6-class series ♦ 2 hours per class ♦ minimum 15 participants (each must attend all 6 classes) ♦ for limited income individuals ♦ no fee

Partner with VCE!  
Can we support your community program with reliable nutrition education? Contact us today.

\*Fees may be waived when groups provide demonstration supplies (e.g., ingredients).

## Support Family and Consumer Sciences in Fairfax County!

### Volunteer

Master Food Volunteers help Extension reach more Virginians with reliable information on food preparation, nutrition, food safety, and physical activity. Learn more:

[www.fcs.ext.vt.edu/fnh/mfv](http://www.fcs.ext.vt.edu/fnh/mfv)

Contact Katie Strong to find out about the next training in Northern

Virginia: [kstrong@vt.edu](mailto:kstrong@vt.edu)

### Donate

Ensure that all families have access to reliable information to make better decisions and improve their lives. Learn more about giving to FCS in Fairfax County:

<http://www.fcs.ext.vt.edu/givingtofcs.html>

Support from individuals, companies, foundations and other organizations are welcome and may be made in several ways.



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