### **Virginia Cooperative Extension**

A partnership of Virginia Tech and Virginia State University





Fairfax County Office

12011 Gov't Center Pkwy, 10<sup>th</sup> Floor Fairfax, VA 22035 703-324-5369 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

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.

### **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).



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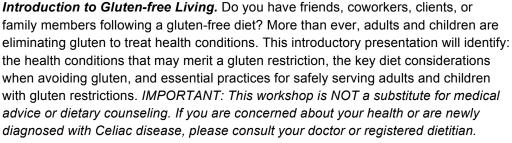
Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments.

**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\*



2 hours ◆ \$10/person fee\*



**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

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



#### By request:

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

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

### **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 decisi

physical activity. Learn more: www.fcs.ext.vt.edu/fnh/mfv

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