

Home Food Preservation Slide Outline

- I. Introduction
 - a. Canning & Home Food Preservation- slide 1
 - b. Learning objectives- slide 2-3
 - c. Botulism cases, the most important safety concern of home canning- slides 4-5
 - d. History of Canning- slides 6-7
 - e. Quick basics of canning- slide 8
 - f. How to can safely- slide 9
 - g. Methods of boiling water bath canner- slide 10
 - h. Methods of pressure canning- slide 11
 - i. Boiling water bath vs. pressure canner- slide 12
 - j. Food pH list- slide 13
 - k. High acid vs. low acid- slide 14
 - l. Causes of Spoilage in Food - slide 15
 - m. *Clostridium Botulinum* - slide 16 - 17
 - n. Botulism - slide 18
 - o. Preventing Botulism When Canning - Slide 19
 - p. Follow Recipe Exactly - slide 20
 - q. Altitude Adjustment - slide 21
 - r. Unsafe Canning Methods - slide 22

- II. Boiling Water Bath
 - a. Parts of the equipment- slide 24
 - b. Methods of packing- slide 25
 - c. Headspace- slide 26
 - d. Headspace issues- slide 27
 - e. Jars and Lids- slide 28
 - f. Processing time- slide 29
 - g. What affects processing time? - slide 30
 - h. Step by Step: boiling water bath canner - slide 31-32

- III. Pressure Canning- slide 33
 - a. Pressure Canning - slide 34
 - b. Pressure Canning - picture showing Dial and Weighted Gauge Canners - slide 35
 - c. Weighted Gauge - slide 36
 - d. Dial Gauge - slide 37
 - e. Video - Testing Dial Gauge in Your Extension Office - slide 38
 - f. Knowing Your Pressure Canner - slide 39
 - g. Step-by-Step: Pressure Canning - slide 40 - 43
 - h. Testing for Seals - slide 44
 - i. Storage - slide 45

IV. Pickling

- a. What do we mean by pickling? Pickling definition - slide 46
- b. Fermented Pickling- slide 47
- c. Quick Process/Fresh Pack- slide 48

V. Blanching

- a. Blanching - slide 49
- b. Under-blanching & Over-blanching - slide 50
- c. Step by Step: Blanching Vegetables - slides 51 - 53

VI. Freezing/Thawing

- a. Freezing introduction- slide 54
- b. Freezing instructions- slide 55
- c. Types of Packaging- slide 56-57
- d. Packing food- slide 58
- e. Freezer emergencies- slide 59
- f. Safe methods of thawing- slide 60

VII. Dehydrating

- a. Dehydrating Methods-slide 61
- b. Drying Background- slide 62
- c. Sun Drying- slide 63
- d. Vine Drying- slide 64
- e. Oven Drying- slide 65
- f. Food Dehydrators- slide 66
- g. Packaging and Storing- slide 67

VIII. Resources

- a. Selling Home Preserved foods- slide 68
- b. Helpful resources- slide 69-70