



January Food Preservation Classes

Presented by UCCE Master Food Preservers

Start 2015 off right by learning how to preserve food at home for healthy, long-term storage. Join the UCCE Master Food Preservers at any of the classes below and learn new skills or strengthen your knowledge with exciting tips and tricks. Unless otherwise noted, all classes are free and no reservations are required.

Amador/Calaveras County

Healthy Start: Low Sugar and Salt-Free Options

Saturday, January 10, 10-Noon

New Year's resolutions are fun to make and easy to break! This year make one that leads to healthier living and a positive lifestyle change you'll want to maintain.

The first half of this free class will focus on making low- and no-sugar preserves, including a discussion of both the benefits and limitations of making low-sugar products. Demonstrations will include low-sugar jelly and jam made from a pectin alternative as well as one made using Splenda.

The second half of the class will focus on dehydrating herbs and their many uses to season food and reduce salt in your diet. Join us and learn to make your own 5-minute salad dressing that is both healthy and tasty with no added sugar or salt. Demonstrations will include herb-seasoned popcorn and zesty breadcrumbs that will add a flavorful, salt-free touch to just about any meal you serve.

Location: Amador County GSA Building, 12200-B Airport Road, Jackson

For more information: 209-223-6857 ▪ acmfp@ucdavis.edu ▪ <http://ucanr.edu/mfpcs>

Sacramento County

Freezing Tips: Basic Introduction to Maximizing Your Freezer

Saturday, January 10, 10-Noon

Citrus

Wednesday, January 21, 6:30-8:30 pm, \$5

Location for both classes: 4145 Branch Center Road, Sacramento

For more information: 916-875-6913 ▪ sacmfp@ucanr.edu ▪ <http://ucanr.edu/mfpsac>

The UC Division of Agriculture & Natural Resources (ANR) prohibits discrimination or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement at <http://ucanr.org/sites/anrstaff/files/107734.doc>.)



Should you need assistance or require special accommodations for any of our educational programs, please contact us at 530-621-5502.

The University of California, working in cooperation with County Government and the United States Department of Agriculture.



University of California
Agriculture and Natural Resources