



*“Teaching research-based practices of safe home food preservation to the residents of Solano and Yolo Counties.”*

## RESOURCES for HOME FOOD PRESERVATION & SAFETY

### National Center for Home Food Preservation <http://nchfp.uga.edu>

The National Center for Home Food Preservation is a source of current research-based recommendations for home food preservation, including canning, dehydrating and freezing. The site includes instructions for various methods of preserving specific fruits and vegetables.

### USDA Complete Guide to Home Canning

[http://nchfp.uga.edu/publications/publications\\_usda.html](http://nchfp.uga.edu/publications/publications_usda.html)

“Everything you need to know about canning and food preservation is available in USDA’s Complete Guide to Home Canning. This resource is for people canning for the first time or for experienced canners wanting to improve their canning practices.”

### California Master Food Preserver Program <http://mfp.ucanr.edu/>

Under the Resource tab you’ll find useful research-based instructions on how to safely preserve and store a variety of fruits, vegetables and nuts.

### UC Food Safety Website <http://ucfoodsafety.ucdavis.edu/>

“Link to presentations, publications, and websites related to the production, harvest and processing of foods. The emphasis is microbial food safety, but food biotechnology, food quality, and food security are also addressed.”

### Washington State University Extension

<http://extension.wsu.edu/benton-franklin/health/homefoodpreservation/>

“At home food preservation can be a rewarding experience, but proper steps must be followed in order to ensure safety. It can be tempting to try that old recipe passed down through the generations, but we don’t recommend it! Many of those old recipes are no longer safe by today’s standards. It’s not worth taking the chance of making your family and friends sick! You can trust that all of the resources listed on these pages are chock full with **current** research-based information, and every recipe has been lab tested to ensure its safety for your family.”

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