



**We are the UC Master Food Preserver Program**

*Preserve Today, Relish Tomorrow.*

Sue Mosbacher  
UC Master Food Preserver Program Manager

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**Today's Goals**

1. Set expectations of what to do before, during, and after each class
2. Introduce Google Classroom, where class assignments are stored/logged, and student/instructor communication happens
3. Introduce the Volunteer Management System for participating in your local Master Food Preserver Program

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**Pre-class Activities**

- Accepted your invitation to be a UC Master Food Preserver Volunteer!
- Picked a class track & blocked off the class dates in your calendar  
– Yes, you can attend a different day if needed
- Paid your local program's training fee
- Joined Google Classroom

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**Today's Agenda**

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Welcome & Ice breaker  
 Training Program Resources  
 Google Classroom tour  
 Break (7:30 Th, 3:00 Fr)  
 Volunteer Management System (VMS) tour  
 Class emcees, Homework, ???s  
 Program breakout rooms  
 Closing

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**Mission Statement**

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To keep Californians safe and well as they use culturally appropriate, research-based practices to safely preserve food in the home, reducing food waste, increasing food security, and providing engaging ways for Californians to explore healthy food.



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**Zoom Etiquette**

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- What would you expect in an in-person class?
  - Keep side bar conversations down (*off topic chats*)
  - Send questions to the Question Queen Dee Denton (?? **Dee Denton**)
- Stay muted unless asking/answering a question
- Set your screen name to XX name Role
  - XX county program initials
  - Role: 2025, MFP, or Staff
  - Need help? Send ?? **Dee Denton** a private chat to have her change your screen name.

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**Connecting with each other**

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- Coordinators:
  - statewide website – <http://mfp.ucanr.edu>
- Other students in your program
  - Google Classroom (*introduced later today*)
- Other MFPs in your program
  - Volunteer Management System (VMS) roster (*introduced later today*)
- Social Media sites
  - See what other programs are doing (*in Classroom Resources*)

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**Small Group Introductions (10 minutes)**

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- Random small breakout rooms of 3 students
  - MFPs stay in main room with Sue
- 1 Student volunteer facilitator – keep the conversation moving; watch the time so everyone participates
  - Person whose first name starts with a letter closest to A
  - Set a timer for 3 minutes each

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**Small Group Introductions (10 minutes)**

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1. Name, MFP Program
2. What food preservation method you are most excited to learn about or learn more of?
3. Have you participated in online learning before? What worked or didn't for your learning style?

*Please share tips for online learning in chat after returning to main room*

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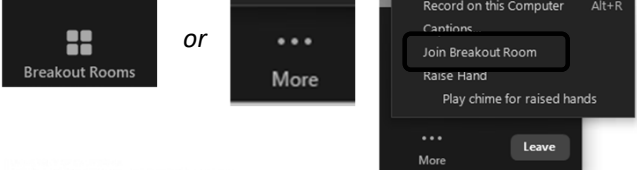
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### Small Group Introductions (10 minutes)

- Get kicked out or you come back to main room for a question?
- Returning to your breakout room – Zoom toolbar



The image shows a Zoom interface. On the left, there is a 'Breakout Rooms' button with a grid icon. In the middle, the word 'or' is written. To the right of 'or' is a 'More' button with three dots. On the far right is a screenshot of the Zoom toolbar, which includes options like 'Record on this Computer', 'Continue', 'Join Breakout Room', 'Raise Hand', 'Play chime for raised hands', and a 'Leave' button.

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### Class Materials for Your Success

- Syllabus
- Books
- Quizzes
- Case Study Packets
- Handouts
- Recorded lessons (live classes & pre-class lessons)

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### Course Syllabus

- In *Resources* section
- Highlights
  - Goals
  - 2 Phases
  - Attendance & participation
    - Labs: hair back, clean apron, closed toed shoes
  - Upcoming assignments

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### Class Materials: Books

**Canning Steps: Boiling Water**

1. Use reputable, research-based recipe
2. Prep work area, food & jars
3. Sterilize jars if <math>120</math> minutes processing time
4. Heat canner water (and boiling)
5. Heat packs 180°F. Rise pack 180°F
6. Jars in canner
7. 2" water over top of jars
8. 2" of processing time in 30 minutes
9. Lid on, high heat
10. Vigorous boil! Start timing
11. Adjust for altitude
12. Adjust heat, maintain gentle boil
13. Done! Timer off, heat off, lid off
14. Wait 5 minutes
15. Lid off
16. Cool jars, undisturbed 12-24 hours
17. Check seal - remove rings, clean jars
18. Label and store sealed jars
19. Cook up, dark location
20. Use within 1 year for best quality

**Canning Steps: Steam**

1. Use reputable, research-based recipe
2. Prep work area, food & jars
3. Sterilize jars if <math>120</math> minutes processing time
4. Heat canner water (and boiling)
5. Heat packs 180°F. Rise pack 180°F
6. Jars in canner. Lid on, high heat
7. 2" water over top of jars
8. 2" of processing time in 30 minutes
9. Lid on, high heat
10. Vigorous boil! Start timing
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### Class Materials: Quizzes

- Combination of true false and multiple-choice questions
- Open book
- Minimum number of correct answers needed to pass listed for each quiz
- May edit responses – look up the right answers!

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### Class Materials: Case Studies

**UNIVERSITY OF CALIFORNIA**  
Agriculture and Natural Resources

**Case Study #2A**

**How To Can Venison Without A Pressure Canner**

Most websites and modern cookbooks demand the bath canner isn't guaranteed to get rid of all of the bacteria. A pressure canner is more likely to sterilize than start to rapidly multiply in food items when they are conventional pressure canner, you don't have to develop in a water bath canner and you end up eating...

**MFP Consultant: Low Acid Canning Questions**

Role play: Meet with your Master Food Preserver Mentor who will ask you the following questions the way a client would do so in a class or at an information booth. Answer them using the information you learned in class. The Master Food Preserver may prompt you for additional information to help you give a thorough and correct answer. When both you and the Master Food Preserver are confident that you can explain the answer, they will sign off on the answer. You can complete this checklist in one or multiple sessions.

Question	Date Completed	MFP Initials
1. My mom always canned her vegetables in a boiling canner and I see people talking about it on the internet all the time. But you say no. Why?		
2. Ok, you've convinced me. But I don't want to spend a lot of money. Can I just use my pressure cooker for canning? My jars will fit in it.		

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**Class Materials: Handouts**

- Class slides
  - Friday classes
- Supplemental information
- Stored by class topic in Google Classroom Classwork Section (demo later)



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**Class Materials: Recordings**

- Thursday and Friday classes
- Pre-class lessons
- Distribution
  - Google Classroom (Students)
  - Statewide MFP site (MFPs)
    - Link loaded in VMS
    - Must be logged into VMS before using



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***My goal for Your Long-Term Goal***

- Be able to teach any topic of food preservation, even if it's not your specialty
- "Master" Food Preserver
  - We should be more than proficient; people come to us for advice
- Be an active member
- Consider all economic situations
- Be positive
  - Don't yuck my yum

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**Get Involved** ✓

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- Can start now, if partnered with certified MFP
  - Must be fingerprinted before in-person events
  
- Feedback after classes
  - Post class survey
  - Collect your stories; pull from your experiences on each class topic

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**MFP Class Guidelines**



- Respect time commitments
- Log on 10 minutes early
  - Early admittance from waiting room for Students, Mentors, Staff
  - Ask for help changing display name?
- 15+ minutes late?
  - Make up small group discussion w/mentor
- Miss a class?
  - Watch recorded class and discuss contents with your mentor

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**Google Classroom Tour**

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- Signing in after initial joining
- Classroom communication
- Class assignments
  - Reading
  - Pre-class lessons
  - Quiz
  - Links to live classes/recordings
  - Resources

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**Using VMS**  
*Volunteer Management System*

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VMS uses

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- Roster
- Calendar events (volunteer opportunities)
- Log volunteer and continuing education hours
- View program documents: class handouts, forms, minutes, procedures, articles, newsletters, etc.
- Annual reappointment

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VMS uses

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- **Roster**
- **Calendar events (volunteer opportunities)**
- **Log volunteer and continuing education hours**
- View program documents: class handouts, forms, minutes, procedures, articles, newsletters, etc.
- Annual reappointment

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Website: **vms-mfp.ucanr.edu**

Login: ***your email address***  
*(used on your application)*

*Reset password after logging in*

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### Today's VMS Tour

- VMS Help
- Explore Home Page
- Update My Profile
- Member Roster
- Calendar Events
- Sign up for Event
- Add Hours

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### Class Emcees

Goal: Practice being a class emcee to prepare you for helping with public classes

- Opening: Introduce Class
- Closing: Wrap things up

**2025 Training Class Emcee Guidelines**

- Opening Emcee (See will have you start right after we start recording)
  - Give class name and introduce self: My name is \_\_\_\_\_ and I will be certified by University of California as a Master Food Preserver Volunteer in 2025.
  - Explain our UC affiliation: We are a volunteer organization within the University of California Cooperative Extension, trained and certified by the University of California.
  - State our mission when the slide pops up: to keep Californians safe and well as they culturally appropriate, research-based practices to safely preserve food in the home, reducing food waste, increasing food security, and providing engaging ways for Californians to explore healthy food.
  - Explain we may mention various products and brands throughout the class as examples they are not endorsements
  - Introduce all MFPs involved with teaching the class. (Contact Sue in advance to get names/roles.) Include the behind the scenes Zoom moderator in the introductions.

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**Breakout Rooms by Program**

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- Meet all of your fellow students and more MFPs!
- Students:
  - Name, city
  - Favorite way to use a preserved food in a meal
- **Ask the MFPs** in the group (if time):
  - What MFP activities do they enjoy most?
  - What food preservation methods are their specialty?

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**Next class: Food Safety**

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- Assignments in Google Classroom, *Class 1: Orientation*
  - Read Welcome section, take practice quiz, explore UC MFP website
  - Mark assignments as Done
- Assignments in Google Classroom, *Class 2: Food Safety*
  - Read Chapters 1 & 2
  - Watch Food Safety videos
  - Complete Food Safety Quiz
- Update VMS profile

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