



## Focus on Family Living

Donna Doll-Yogerst, Agent

# Would You Like to Become a Master Food Preserver?

### Wisconsin Master Food Preserver Training Summer 2008

Offered by the University of Wisconsin-Extension, Cooperative Extension and the Wisconsin Nutrition Education Program.

#### Overview and Certification:

Master Food Preserver and Food Safety Volunteer is an intensive three-day training program designed to introduce participants to the basics of food safety and home food preservation. Participants completing the pretest, the three-day hands-on training, and scoring a satisfactory grade on the daily take-home examinations and the final test will receive Master Food Preserver certification. Trained Master Food Preservers are asked to provide at least 20 hours of volunteer service to UW-Extension in their county, helping to answer general food safety and food preservation questions.



Over the course of the three-day workshop, you will have the opportunity to learn about the following topics:

- ♦ overview of food safety/food processing
- ♦ freezing & drying
- ♦ canning low acid foods
- ♦ using a pressure canner
- ♦ fermentation/pickling/salsas
- ♦ canning tomatoes & fruits
- ♦ making jams & jellies

There will be time set aside for learning, group discussion and hands-on exercises.

#### **2008 Program Location and Dates:**

**July 8-10 Outagamie County**

Sponsored by: Outagamie County UWEX

Contact: Karen Dickrell (920) 832-5121 or  
Karen.dickrell@ces.uwex.edu

or

Susan Richardson (920) 832-5119

Location: Kimberly High School

#### **Who should attend?**

Master Food Preserver is designed for dedicated UWEX staff, community volunteers and individuals. Those who sign up are expected to attend **all 3 days** of training. The ideal candidate will have at least some exposure to canning food at home, will be open to learning new skills and knowledge, and, once trained, will be effective at supporting UWEX-sponsored programs. In addition to the 3-day training, materials will be provided in advance of training and there will be a **pre-test** due at registration on the first day, **take home**

**assignments** during the training, and a **post-test** required of all participants.

#### **Schedule:**

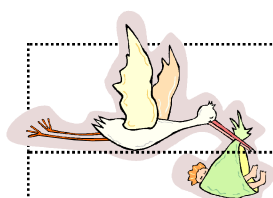
8:00 a.m.- 4:00 p.m. daily. There will be morning and afternoon discussions and hands-on exercises each day. Look for plenty of time to exchange ideas and to share experiences. Lunch will be on your own - plan to bring a sack lunch.

#### **Cost and Registration:**

\$50.00 includes classroom instruction & volunteering minimum of 20 hours over a three-year period.

\$85.00 includes classroom instruction only, no volunteering.

Registration deadline is June 9, 2008.



## Infant Massage and Infant CPR

Classes are being offered for parents of infants (ages 1-12 months) on May 5 and May 12, 2008 from 6:00—7:30 p.m. at the Gillett Public Library, 200 E Main Street, Gillett. Offered by UW-Extension Parenting Resource Centers and Oconto County Public Health.

*Infant Massage* provides parents with techniques to help: establish closer bonds between parent & baby; early brain development; attachment between you and child; relieve colic systems and other signs of infant stress. This class will be taught by a Certified Instructor.

*Infant CPR* will be offered for

educational purposes only by a Certified CPR Instructor. The focus will be on infant cardiac arrest, rescue breathing techniques, choking and other basic First Aid techniques.

Registration is limited. Call Barb Truttman at 920-834-6846 or e-mail [barb.truttman@ces.uwex.edu](mailto:barb.truttman@ces.uwex.edu).

## Home Alone Class Offered Prepare Your Child for Self-Care

A workshop for parents and children ages 8 and older will be held Tuesday, May 20, 2008 from 6:00-8:15 p.m. at Oconto Falls Elementary School.

Assessing whether your child is ready to be home alone and then preparing children for self-care is the focus of this workshop. Children will learn self-care skills, and parents will be given tools to help their children have a safe and positive experience.

Sponsors of the program are

UW-Extension Parenting Resource Centers, Oconto Falls Elementary School, Oconto County Law Enforcement, and Oconto Falls Fire Department.

There is a \$5.00 registration fee per family.

To register, contact Barb Truttman at 920-834-6846 or e-mail [barb.truttman@ces.uwex.edu](mailto:barb.truttman@ces.uwex.edu).



#### UW-Extension Staff

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