

The WSU Extension Food Safety and Nutrition Education Program provides research-based food safety and nutrition information and public education. Our goal is to empower individuals and families to make lasting behavior changes that promote health and prevent disease. To achieve this goal we provide the following services and programs:

**Master Food Preserver & Safety Advisors** - Trained volunteers help consumers with information on:

- Safe food handling practices
- Basic understanding and prevention of food-borne diseases
- Researched, safe home food preservation techniques
- Dietary guidelines
- Nutrition and health issues
- Quick and easy meal preparation classes.



Extension programs are available to all without discrimination.. Evidence of noncompliance may be reported through your local Extension office.

351 NW North Street  
Chehalis, WA 98532

 WASHINGTON STATE UNIVERSITY  
LEWIS COUNTY EXTENSION



**A reliable source of information for:**

- **Food preservation**
- **Food storage**
- **Food nutrition**
- **Food safety**
- **Food handling**
- **Dial gauge testing**
- **Special diets**

**WSU Master Food Preserver & Safety Advisor training is offered annually through the WSU Lewis County Extension office.**

## What is a WSU Master Food Preserver & Safety Advisor?

WSU Master Food Preserver & Safety Advisors are a group of volunteers trained by Washington State University/Lewis County Extension Staff, to provide answers to consumer's food safety and food preservation questions. Volunteers receive training in all areas of food preservation and food safety issues.



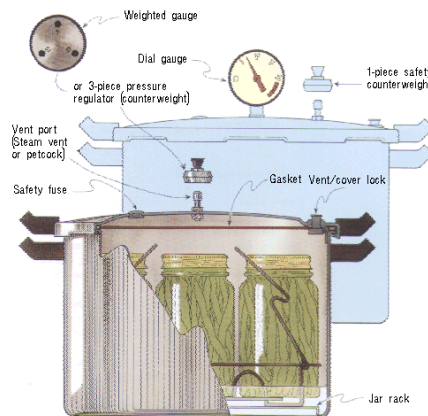
Including:

- Keeping food safe to eat
- Canning acid foods such as fruits and tomatoes
- Canning low-acid foods such as vegetables, meat and fish
- Making fruit spreads such as jams and jellies
- Pickling and fermenting
- Freezing and dehydrating
- Recognizing and preventing food-borne illnesses
- Emergency preparedness and Safe food and water supplies in emergencies
- Nutrition and special diet needs

## How do I become a WSU Master Food Preserver & Safety Advisor?

Master Food Advisors receive 30 hours of in-depth training in the areas of food safety issues and food preservation techniques. In return, they contribute 45 hours of volunteer service. Most of the volunteer time may be spent by answering telephone questions from consumers with calls being transferred from the office to the volunteers own home. Other methods of "community volunteer" time include staffing a booth at the Southwest Washington County Fair, or conducting workshops for small groups of community members and helping to staff our seasonal dial pressure gauge testing days.

An important service offered to the public by WSU Master Food Preserver & Safety Advisors is testing of pressure canner dial gauges throughout the canning season.



Trainees practice what they learn in a hands-on workshop.

### ***Tell me a little more about the training program...***

Training consists of eight, 3.5 hour classes held over a period of three-months from late summer to fall. Food preservation classes include hands-on as well as written and video instruction.

2011 training classes begin August 22, (Mondays, 9 am to 1:00 pm).

Class fee is \$75 with a \$25 rebate upon completion of volunteer hours.

Call or email for a registration packet.



**Contact us Monday through Thursday  
9 a.m. to 3 p.m., 360-740-1212**

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