

As an enrolled Kansas 4-H member in the Foods & Nutrition project, we wanted to share an opportunity with you! Extension professionals in Nutrition Food Safety and Health recently hosted a *Knowledge at Noon* lesson. “**Food Preservation 101 for '21,**” was presented by Karen Blakeslee, Extension Associate and Director of the KSRE Rapid Response Center as well as the Value-Added Foods Lab.

Topics included:

- Food preservation equipment updates
- Ball canning guide updates
- Resources for Extension food preservation classes and seminars

We think the information provided would be very beneficial to you in your Foods project work. They’ve graciously shared the recording so you can watch it whenever it is most convenient for you. Please copy and paste the pass code below to access the video recording.

Link: <https://ksu.zoom.us/rec/share/Bn5aiBf7NJ9cbil6NF8f52JwmXDdFodkjOMDJMCqAXAc1UVpXvFsa9cE0l1gtlmS.t8jpeMRaqEvlbrMW>

Passcode: Crq5N=*p

If you watch it, be sure to write it down in your 4-H Project Report Form. For more K-State Research and Extension Foods Preservation resources, visit the [Preserve it Fresh, Preserve it Safe](#) website or check out the [Kansas 4-H Foods & Nutrition Project](#) page.

Amy M. Sollock

Southwest Area 4-H Youth Development Specialist

