



# 2018 Food Preservation

## SITUATION

**42% of New Mexico families are low income, earning less than 200% of the poverty level.**

(2013 US Census, American Community Survey data)

The lowest 20% of households spend 26% of their income on food purchases, while the highest income earners spend only 3%. (New Mexico Voices for Children, 2015)

A family of four would have to pay an additional \$2200 per year on top of their existing grocery bill to provide a healthy diet. (Harvard School of Public Health Magazine, 2014)

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Food preservation can be used as a method to reduce waste, potentially save money and insure healthy, wholesome food for families.

## NMSU EXTENSION RESPONSE

NMSU Valencia County Extension Family and Consumer Science agent collaborated with two NMSU Master Food Preservers to provide a series of six classes, three hours each, to educate on food preservation techniques. This series includes Food Preservation 101: The Basics, Freezing/Drying, Jams/Jellies, Water Bath, Pickling and Pressure Canning.

Pre and post tests are administered to participants to measure the level of increased knowledge.

NMSU Extension plans to continue providing food preservation classes to meet the demand of community members.

## IMPACT

Identifying safe methods for preserving food increased 45%



Understanding correct preservation methods for low acid and high acid foods increased 30%



Awareness of reputable websites and publications for selecting food preservation recipes increased 50%



Understanding canning red chile is not an approved method increased 80%



## DEMOGRAPHICS

Male = 12		Female = 47	
Hispanic = 11	Native American = 11	White = 37	

## PARTICIPANT FEEDBACK

- "Now I know how to safely preserve food for my family. Much has changed since my grandma taught me to can in the 80's."
- "I plan on making jam with my children. Canning is a good skill I want them to know."
- "We buy in bulk and freeze a lot of food. Today I learned freezing techniques that'll improve the quality of our food."
- "We had an abundant crop of tomatoes last year and sadly, much went to waste. Now I know ways to preserve them and I can't wait to enjoy garden tomatoes in the winter!"
- "I was given a pressure canner as a wedding gift but I've been too afraid to use it. I think I'll give it a try now."