



Oregon State University
Extension Service

Oregon SNAP-Ed Food Preservation Guidelines



Can you implement food preservation activities using SNAP-Ed time and resources?

YES!

Oregon SNAP-Ed supports implementation of food preservation activities that align with **program goals** for healthy eating, food safety and food resource management, and **OSU Extension food safety and preservation guidelines**.



Why were the SNAP-Ed Food Preservation Guidelines developed?

The guidelines were created in collaboration with **OSU Extension Food Security and Safety Program Manager, Jared Hibbard-Swanson** and aim to provide clarity on requirements as well as tips and other helpful information to consider.



What do you need to know before teaching SNAP-Ed food preservation activities?

- Check in with your team/Unit Manager to determine if food preservation fits within your current program plans.
- Know that it's okay not to incorporate food preservation, or to delay until a future year.
 - The guidelines are being provided to support your team for if/when it feels like something you want to explore.

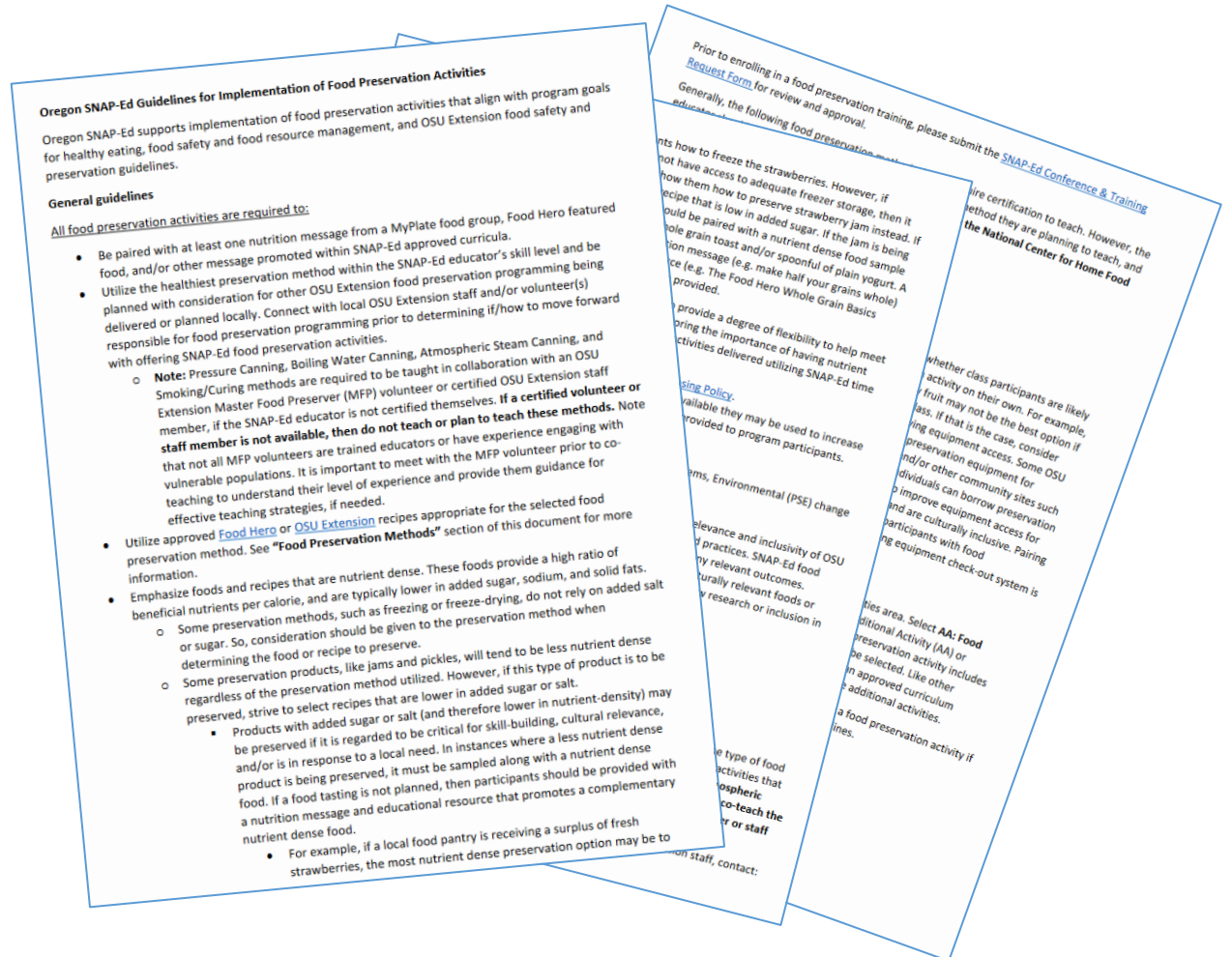
What do you need to know before teaching SNAP-Ed food preservation activities?

Follow the guidelines



- A complete set of guidelines can be found on the program website:

<https://nutrition.extension.oregonstate.edu/resource/snap-ed-food-preservation-guidelines>



What are the Key components of SNAP-Ed Food Preservation Guidelines?

Let's take a look at **key components** of the guidelines!



Requirements of SNAP-Ed Food Preservation Guidelines

SNAP-Ed food preservation activities are **required** to:

- Be paired with at least one **nutrition message**.
- Utilize the **healthiest preservation method** within SNAP-Ed educator's **skill level**.
 - Pressure Canning, Boiling Water Canning, Atmospheric Steam Canning, and Smoking/Curing methods are required to be taught in collaboration with an OSU Extension Master Food Preserver volunteer or certified OSU Extension staff member (if the SNAP-Ed educator is not certified themselves).

Requirements of SNAP-Ed Food Preservation Guidelines

If you are interested in food preservation training and certification:

- **Submit the SNAP-Ed Conference and Training Request Form**, found on the program website: <https://nutrition.extension.oregonstate.edu/resource/snap-edefnep-conference-and-training-attendance-travel-reimbursement>
- Contact: jared.hibbardswanson@oregonstate.edu to learn more about food preservation training and certification.
 - The SNAP-Ed state team will continue to work with Jared to identify training needs and opportunities.

More on food preservation methods

Generally, these food preservation methods do not require certification:

- Freezing
- Drying
- Fermentation
- Refrigerator pickling (no canning)
- Freeze-drying



Note: *Educators should be knowledgeable in the preservation method they are teaching, and **only** utilize research-based techniques supported by the National Center for Home Food Preservation, USDA, or the OSU Extension Catalog.*

Requirements of SNAP-Ed Food Preservation Guidelines

SNAP-Ed food preservation activities are **required** to:

- Utilize only approved **Food Hero** or **OSU Extension** recipes appropriate for the preservation method being taught.
- Be in compliance with SNAP-Ed **food purchasing policy**.



Requirements of SNAP-Ed Food Preservation Guidelines

SNAP-Ed food preservation activities are **required** to:

- Emphasize foods and recipes that are **nutrient dense** – foods that provide a high ratio of beneficial nutrients per calorie and are typically lower in added sugar, sodium, and solid fats.
 - Less nutrient dense products, such as jams and pickles, may be preserved if regarded to be critical for:
 - Skill-building
 - Cultural relevance
 - Responding to a local need



Example of responding to a local need

A local food pantry is receiving a surplus of fresh strawberries, the most nutrient dense preservation option may be to show participants how to freeze the strawberries. However, if participants do not have access to adequate freezer storage, then it makes sense to show them how to preserve strawberry jam instead. If possible, select a recipe that is low in sugar.



Example of responding to a local need

If the jam is being tasted in class, it should be **paired with a nutrient dense food sample** such as a piece of whole grain toast and/or spoonful of plain yogurt. A complementary **nutrition message** (e.g. make half your grains whole) **and educational resource** (e.g. The Food Hero Whole Grain Basics Monthly) should also be provided.



More on nutrient dense/less nutrient dense

The guideline pertaining to nutrient dense/less nutrient dense preservation products is intended to provide a degree of flexibility to help meet local program needs while underscoring the importance of having **nutrient dense food choices be the focus of activities delivered utilizing SNAP-Ed time and resources.**



More on cultural relevance and inclusivity

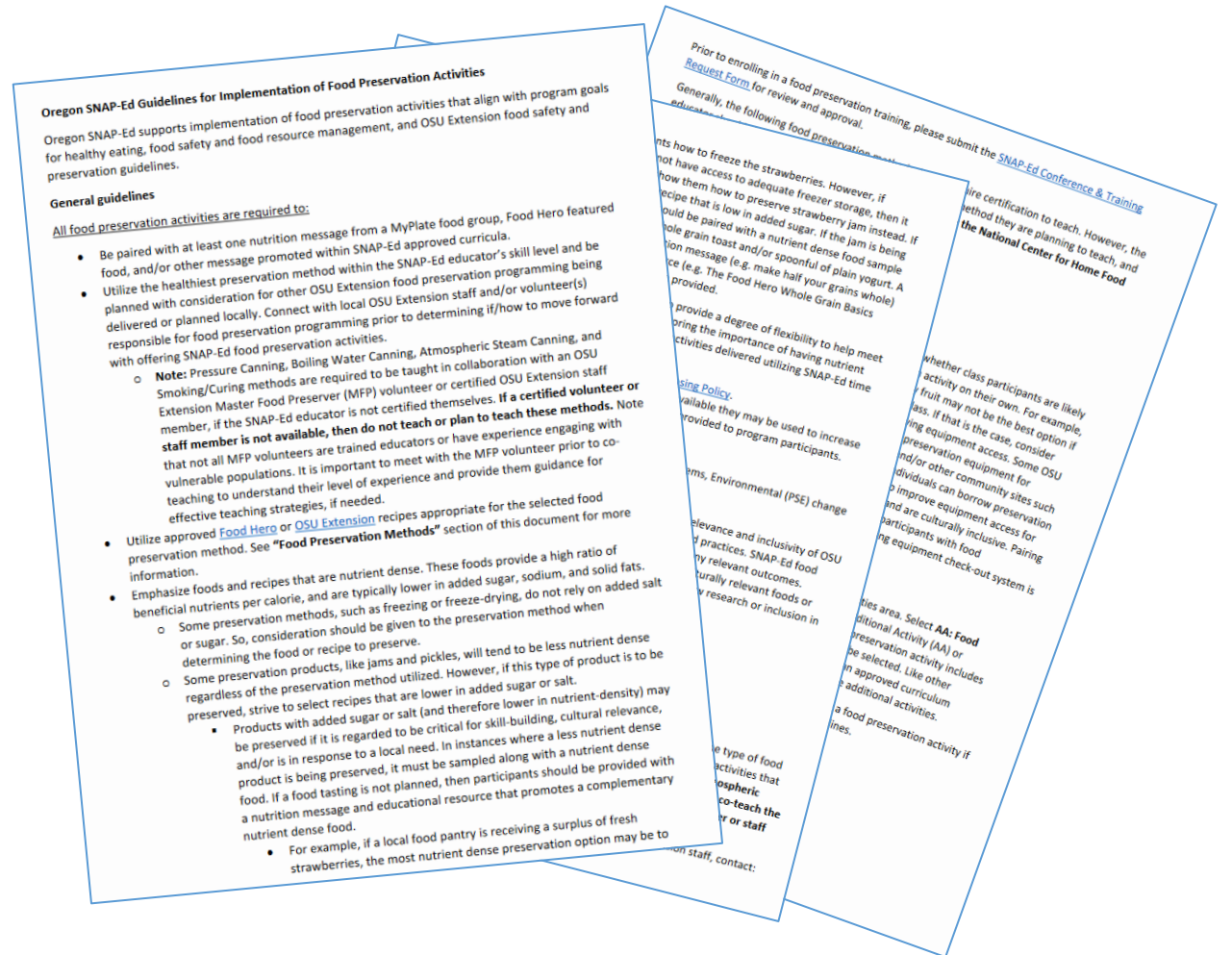
- Efforts are underway to **improve cultural relevance and inclusivity** of OSU Extension food preservation methods, recipes, and practices. SNAP-Ed food preservation guidelines will be updated to reflect any relevant outcomes.
- Please notify food preservation faculty if specific culturally relevant foods or preservation techniques should be considered for new research or inclusion in the catalog.



Reminder!

Review the complete set of guidelines prior to implementing food preservation activities:

<https://nutrition.extension.oregonstate.edu/resource/snap-ed-food-preservation-guidelines>



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