

# Food Preservation Reliable Resources:



Nebraska Extension  
[www.food.unl.edu](http://www.food.unl.edu)



National Home Food Preservation  
<https://nchfp.uga.edu>



## Food Preservation

Is your garden producing more fruits or vegetables than you can use? Check out our canning, free-



### Canning

Canning can be a safe and economical way to preserve quality food at home. Home preserved foods can help provide a variety of nutritious meals all year long.



### Freezing

Freezing foods is easy, quick and convenient. Freezing temperatures stop the growth of microorganisms and slow down the chemical reactions that break fo-

Nebraska Extension Food  
Preservation Resources  
[food.unl.edu/food-preservation](http://food.unl.edu/food-preservation)



Nebraska Extension  
Home Food Preservation  
Virtual Learning Series

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