

Produce Preservation Workshops Step by Step Set Up Guide

Description

Food preservation workshops teach people how to safely preserve fruits and vegetables – helping them improve their nutrition, be more food secure and often save money. The produce preservation program offers three main preservation techniques – canning, drying and freezing – and provides facilitator and participant guides, a website www.preserveproduce.ca and the Facebook Group Food Skills BC as resources. Organization is the key to a successful workshop, below are 14 steps to follow.

Before the workshop

1. Decide on which method(s) and which product(s) you want to preserve.
2. Identify a suitable place to hold your workshop - make sure it has the equipment you need (sinks, stoves, electrical outlets, tables, chairs, pots etc.)
3. If you are not a Produce Preservation Trainer, contact the trainer in your area. For a complete listing of produce preservation trainers visit www.preserveproduce.ca/contact. Work with the Produce Preservation Trainer to plan your workshop.
4. Pick a date and time that will best suit potential participants.
5. Create a poster with information about your workshop and who to contact for registration. Limit the number of participants to 10 – 12. Circulate the poster throughout the community. Examples of posters can be found under workshops on the www.preserveproduce.ca website.
6. Prepare handouts for participants to follow during the workshop and when they get home. Trainers can download manuals from www.preserveproduce.ca, prepare handouts from your own Produce Preservation materials or order manuals from the BC Food Processors Association at info@bcfpa.ca
7. Make a list of everything you will need for the workshop and check off items as you gather them. Consider things like child care and helping people get to workshops. See Checklist on the website at www.preserveproduce.ca/resources

In the classroom

8. Arrive early and organize the room and the seating – an open U format is best so that everyone can see demonstrations and no one has their back to others.
9. Set out equipment and supplies so they are easily accessible. Pre-prepare ingredients to save time and allow you to concentrate on preservation techniques. (ie. Boil beets beforehand if demonstrating pickling)
10. Review safe food handling practices, especially the importance of properly washing hands.
11. Talk through your demonstrations to make sure people understand what you are doing, give examples of how preserved foods can be served.
12. Be prepared for lots of questions, provide the www.preserveproduce.ca as a resource.
13. Take photos and have your students fill out an evaluation form. Both are helpful when developing future workshops.
14. Have fun! Food preservation workshops are meant to be fun, positive experiences giving people the confidence to preserve food at home.