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AGRICULTURAL EXTENSION SERVICE - UNIVERSITY OF MINNESOTA •

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Canning, Freezing

(0:45)

(612) 373-0710

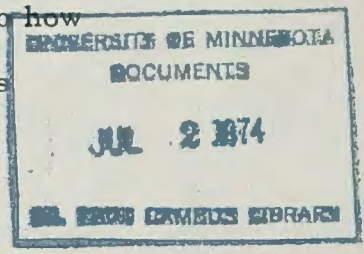
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consumer radio briefs

Today a homemaker should ask herself several questions before canning or freezing food. If you work outside the home, how much energy do you have after fixing the evening meal?

If you have to buy food to be preserved, figure carefully to see if you have saved over buying food on special at your grocery store. It is possible to pick your own food in some areas and save over buying it at the market or a road side stand.

Necessary canning equipment includes a pressure canner for vegetables, meats, fish and poultry, a large kettle for tomatoes and fruits, standard canning jars, and small kitchen tools to do the work. A pressure canner is the most expensive essential item.

A reliable information source is your local extension home economist. She has literature to send you to study and have available when you are working in your kitchen. Check into how to preserve food before you have a bushel of food that needs attention immediately. \* \* \* \*



Shop For Bargains

(0:28)

Comparing prices of different foods as you shop is one of the best ways to learn about food prices. University of Minnesota extension specialist Isabel Wolf suggests reading food advertisements and following specials on radio and television.

Watch for specials on store brand frozen foods. Usually these are cheaper than nationally advertised brands. The food value is the same.

Buy frozen foods in plastic bags if you have storage space. These are handy if you like to cook a small amount such as half a cup, or a large amount. \* \* \* \*

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