Reliable Food Preservation Resources

Books:

- **Ball Blue Book Guide to Preserving** (2009 edition). Available at booksellers and some stores where canning items are sold.

- **So Easy to Preserve, 5th Edition**, University of Georgia Cooperative Extension, $18 per book (subject to change), includes Shipping, make check payable to “University of Georgia”. Information by phone: 706-542-2657 or website, www.soeasytopreserve.com

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Websites – tested recipes, “how to” videos, printable factsheets and more:

- Ball: http://www.freshpreserving.com/

- USDA’s National Center for Home Food Preservation: http://www.uga.edu/nchfp

*For additional food, nutrition & food safety information visit our website:*
http://njaes.rutgers.edu or http://getmovinggethealthy.nj.rutgers.edu

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