



# Learn how to can with confidence

Canning is a home food preservation method that helps you extend garden harvests, save on food costs, participate in family traditions, and control the quality of food you eat.

Discover proper techniques to safely use a water bath canner, steam canner, and pressure canner.

Each webinar in this 3-week series will provide participants with directions, recipes, and resources to start canning safely.

If you need a reasonable accommodation to participate, contact:

**Jenna Smith**  
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## Session Dates:

- June 8 | Noon: Boiling Water Bath Canners
- June 15 | Noon: Steam Canners
- June 22 | Noon: Pressure Canners



Register now!  
[go.illinois.edu/FillYourPantry](https://go.illinois.edu/FillYourPantry)



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