

FOOD TRADITION



Oregon State University
Extension Service



anager



MEET A MASTER FOOD PRESERVER

“While working at the Senior Center, conversation on the line while preparing the Meals on Wheels lunches for delivery would often include what we were preserving through canning, freezing, and dehydrating. I was often asked food preservation questions.

Realizing I did not know the current scientific research about food preservation lead me to the Master Food Preservers at OSU.”

- Don, OSU Master Food Preserver since 1997

WHY VOLUNTEER?

“TO ME THE MOST REWARDING PART OF PARTICIPATING IN THE MFP PROGRAM IS WORKING WITH SO MANY WONDERFUL LIKE-MINDED PEOPLE HELPING OTHERS TO FEEL SAFE AND SECURE ABOUT WHAT THEY ARE PRESERVING AND ENCOURAGING THEM TO TRY OTHER PROCESSES.”

- DON, OSU MASTER FOOD PRESERVER SINCE 1997



SOCIAL CONNECTION

PURPOSE

IDENTITY



AGENDA

- WHAT IS THE MASTER FOOD PRESERVER PROGRAM?
- WHY FOOD PRESERVATION?
- WHO ARE THE VOLUNTEERS?
- HOW DO THE VOLUNTEERS HELP THE COMMUNITY?
- HOW DOES THE PARTICIPATION BENEFIT THE VOLUNTEERS?
- HOW CAN PEOPLE GET ENGAGED?

A top-down view of a variety of dried fruits arranged on a light-colored surface. The fruits include banana slices, strawberries, apple slices, and orange slices. The text is overlaid on the center of the image.

WHAT IS THE MASTER FOOD PRESERVER PROGRAM?

MASTER FOOD PRESERVERS PROVIDE RESEARCH-BASED TRAINING AND TECHNICAL ASSISTANCE TO OREGONIANS WHO ARE PRESERVING FOOD THROUGH:

- CANNING,
- DEHYDRATING,
- FREEZING,
- PICKLING,
- JELLYING,
- CURING,
- SMOKING,
- FREEZE-DRYING,
- ROOT-CELLARING,
- OR OTHERWISE EXTENDING THE SHELF LIFE OF PERISHABLE FOODS.



EXTENSION AND FOOD PRESERVATION

1912-

1912-1913: THE



1912-1913: Salem High School (Salem, O.)



Oregon State University
Extension Service
Master Food Preserver

©

2

MFP Program Chapters 2026

- METRO AND WILLAMETTE VALLEY:

- CLACKAMAS
- LANE
- LINN
- MARION
- YAMHILL

- COAST/LOWER COLUMBIA

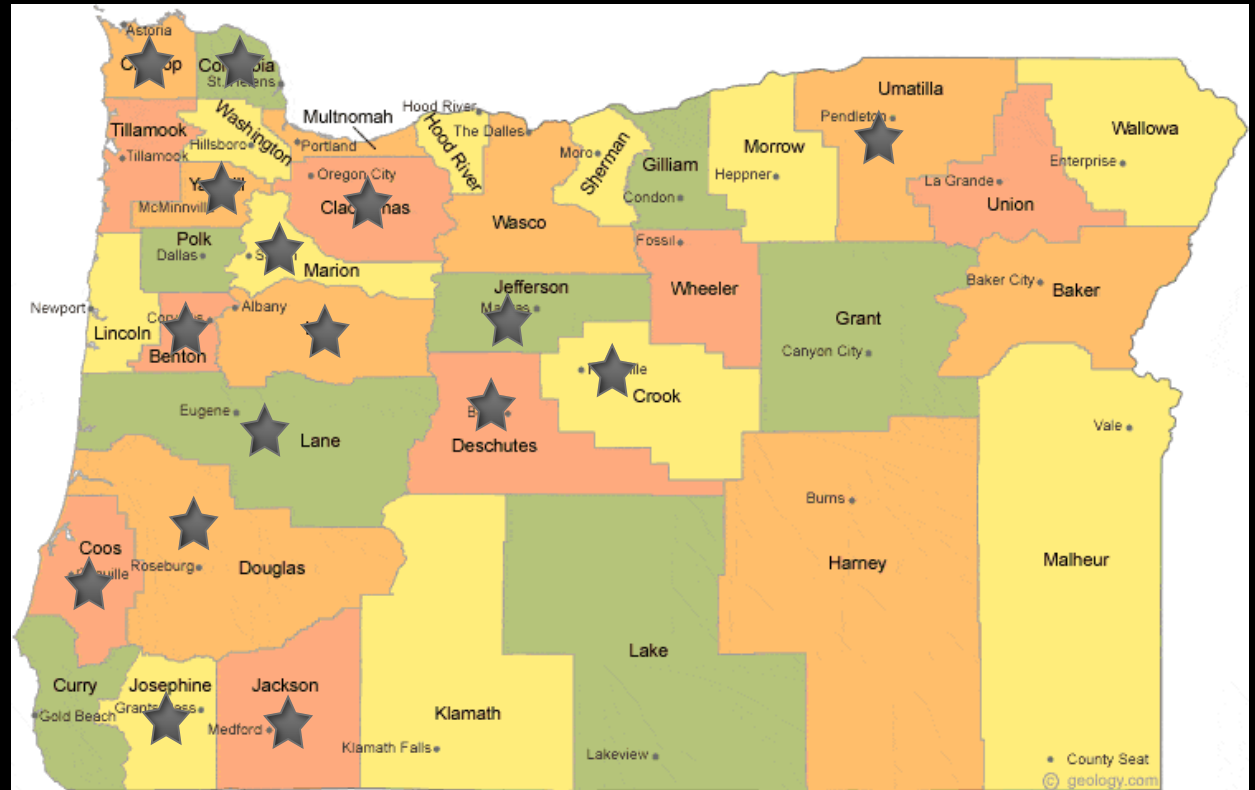
- CLATSOP
- COLUMBIA
- COOS

- SOUTHERN OREGON

- DOUGLAS
- JACKSON
- JOSEPHINE

- CENTRAL AND EASTERN OREGON

- DESCHUTES
- CROOK
- JEFFERSON
- UMATILLA



A top-down view of a variety of dried fruits arranged on a light-colored surface. The fruits are sliced into thin, uniform pieces. From left to right, there are yellow banana slices, dark red strawberries, light-colored apple slices, dark brown/black pieces (possibly dried berries or small fruits), and bright orange slices. The text 'WHY FOOD PRESERVATION?' is overlaid in white, sans-serif font on the left side of the image.

WHY FOOD PRESERVATION?



PRESERVATION PROVIDES ACCESS

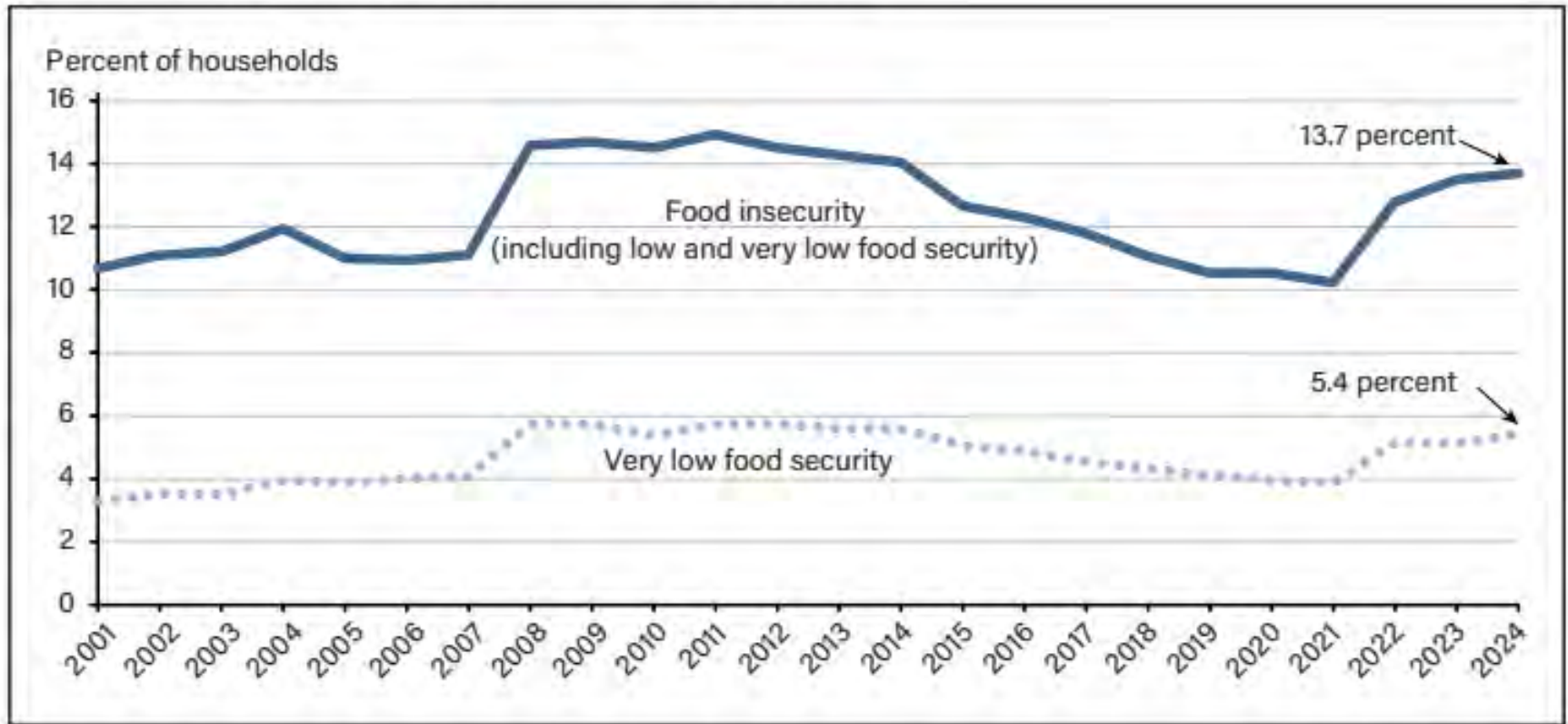
INFORMED FOOD PRESERVATION CAN REDUCE YOUR FOOD
BUDGET IN LEAN TIMES.

PRESERVATION AND FOOD SECURITY

- WORLD WAR I AND WORLD WAR II:
FOOD PRESERVATION AND STORAGE
TECHNOLOGIES DEVELOPED TO
KEEP UP WITH DEMAND.
- TODAY: MANY OF THE SAME
TECHNOLOGIES ARE USED TO
PROTECT OUR FOODS.
- SOME OF THE SAME TECHNOLOGIES
ARE USED TO PROTECT OUR
FOOD FROM ALL THE OTHER
TOXINS WE CAN GET.



Prevalence of food insecurity in 2024 similar to 2023 prevalence



Source: USDA, Economic Research Service using U.S. Department of Commerce, Bureau of the Census, Current Population Survey Food Security Supplements data.

OREGON HUNGER TASK FORCE

Creating Policies for a Hunger-Free Oregon



Oregon's Food Assistance System

A report by the Oregon Hunger Task Force
for the office of Governor Tina Kotek

November 2025

Bridging the gaps

SUPPLEMENTAL NUTRITION ASSISTANCE
PROGRAM (SNAP)

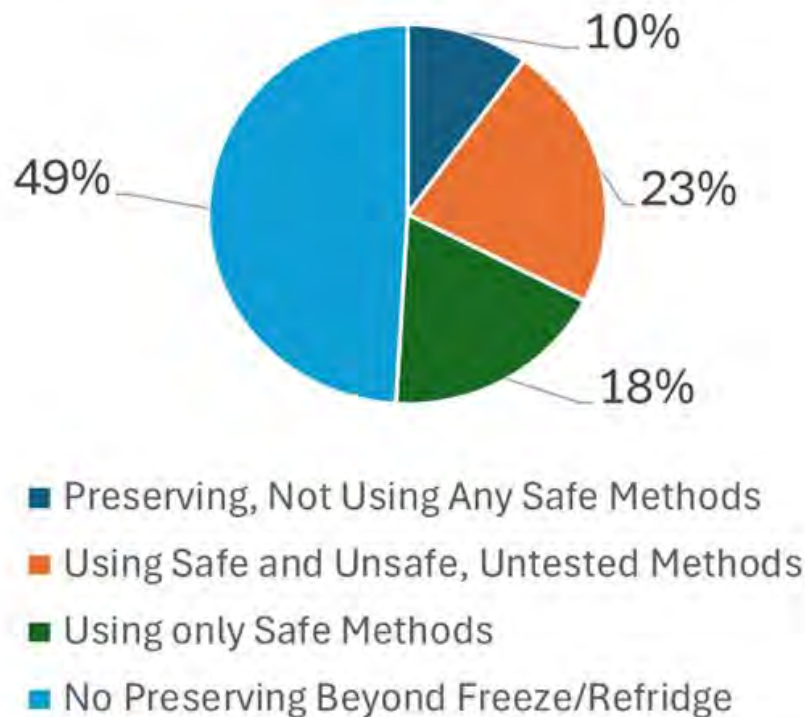
- 17% OF OREGONIANS UTILIZE SNAP
- MEAL GAP OF \$22.37 PER WEEK PER PERSON*
- 2 OUT OF 5 PEOPLE FACING HUNGER NOT SNAP-ELIGIBLE*
- OREGON FOOD BANK
 - 2.5 MILLION VISITS IN FY24
 - 1,200 COMMUNITY-BASED SITES
 - CENTRALIZED NETWORK THAT ACHIEVES BROAD COVERAGE, BUT ACKNOWLEDGES GAPS
- DECENTRALIZED AND INFORMAL EFFORTS
 - FILL GAPS IN THE CENTRALIZED NETWORKS
 - EMBEDDED IN COMMUNITY
 - NECESSARY ESPECIALLY DURING EMERGENCIES

* Feeding America, *Map the Meal Gap 2025*

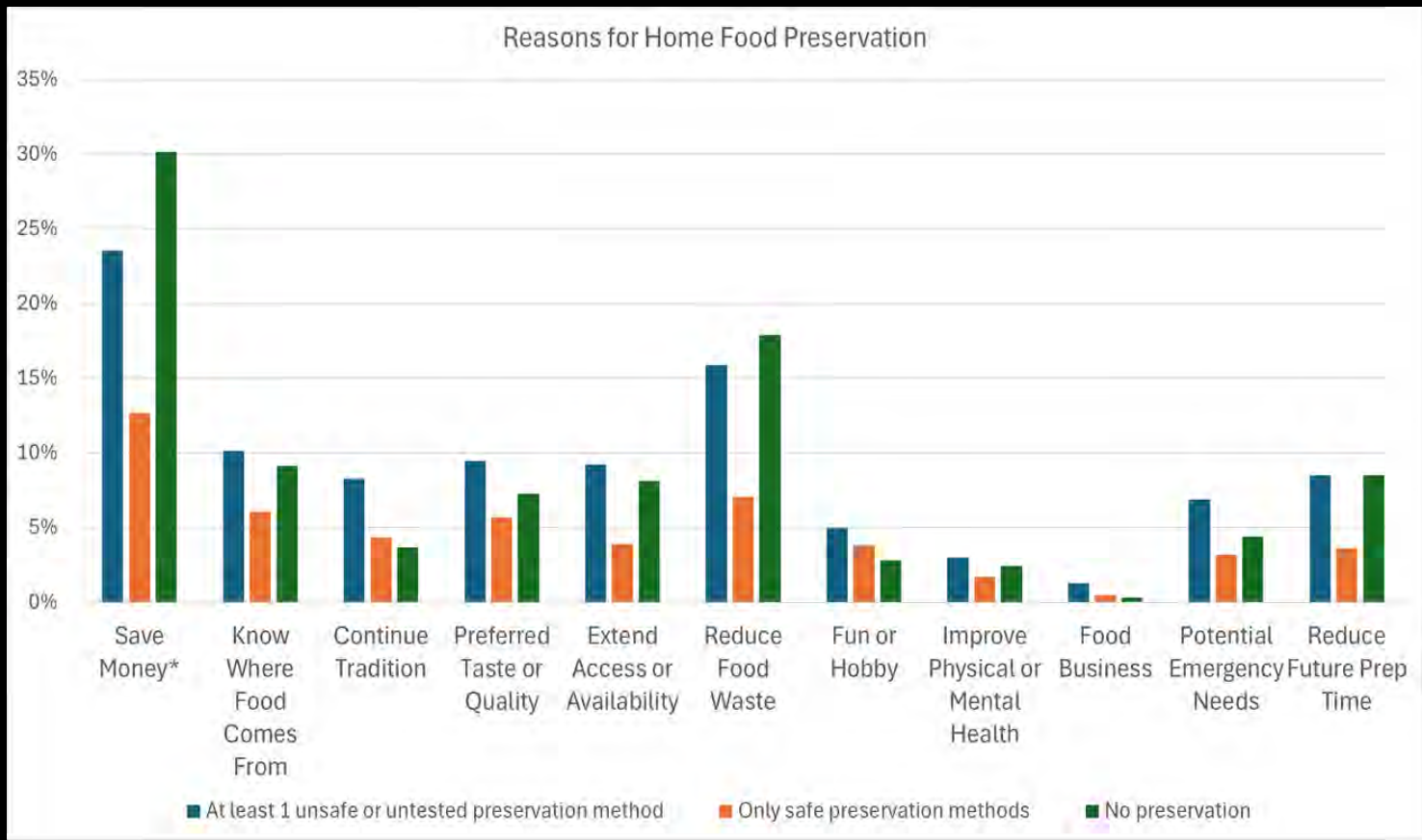
FOOD PRESERVATION TRENDS

NATIONAL SURVEY
CONDUCTED BY THE
NATIONAL CENTER FOR
HOME FOOD PRESERVATION
AND MONTANA STATE
UNIVERSITY

Percent of U.S. Using Home Preservation Methods



"National Trends in Home Food Preservation and Outreach," Routh, Slipher, Linse, and Schwan, 2024



FOOD PRESERVATION TRENDS

NATIONAL SURVEY CONDUCTED BY THE NATIONAL CENTER FOR HOME FOOD PRESERVATION AND MONTANA STATE UNIVERSITY

"National Trends in Home Food Preservation and Outreach," Routh, Slipher, Linse, and Schwan, 2024



SAFE PRESERVATION REQUIRES KNOWLEDGE

IMPROPER PRESERVATION LEADS TO ILLNESS AND WASTE.

Food Safety

The CDC estimates that each year...

- **48 million** people get sick from a foodborne illness,
- **128,000** are hospitalized,
- and **3,000** die.

The NIH estimates that the total cost of foodborne illness in 2023 was...

- \$75 billion, including medical costs and lost productivity.

Top 5 foodborne germs causing illness

- *Norovirus*
- *Salmonella*
- *Clostridium perfringens*
- *Campylobacter*
- *Staphylococcus aureus*





Botulism's High Cost

Botulism

- Home canned foods is a predominant source
- 111 illnesses between 2015-2021
- 108 hospitalizations
- 12 deaths

High case fatality

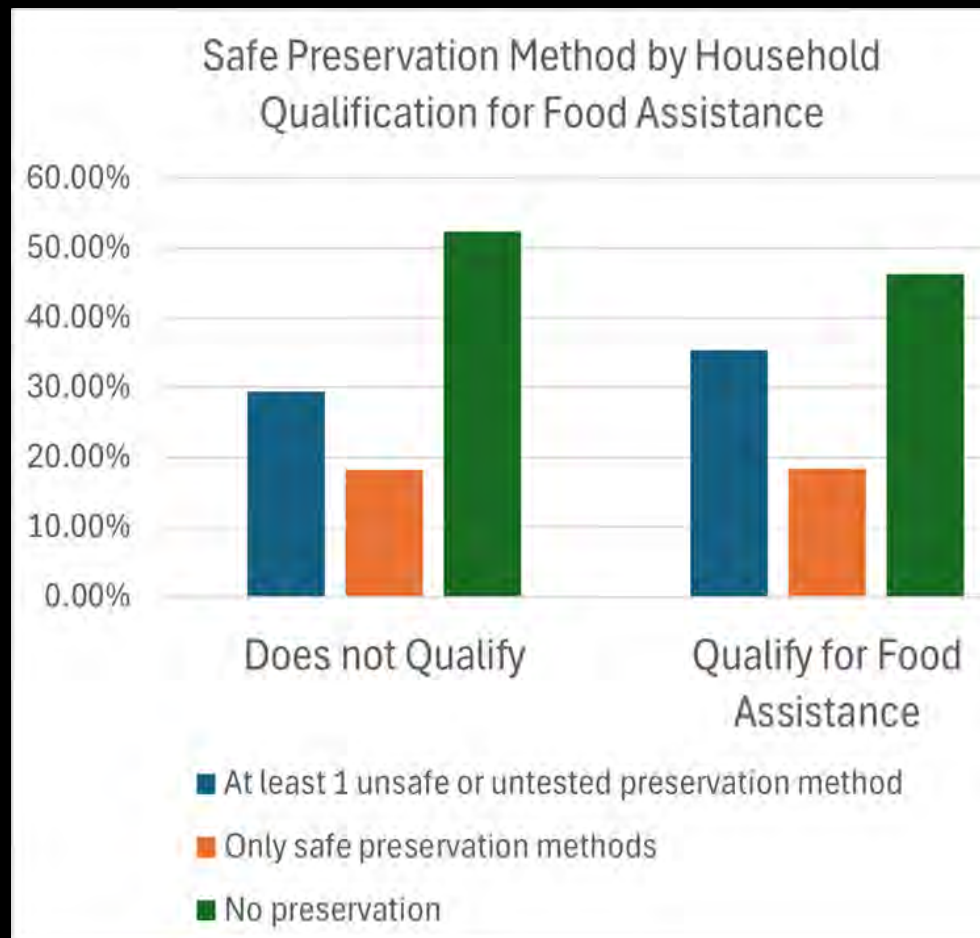
- Nontyphoidal Salmonella = .5% CFR
- Clostridium botulinum = 11% CFR

High cost

- Nontyphoidal Salmonella = \$4,000 mean cost/case
- Clostridium botulinum = \$1.6 million mean cost/case

FOOD PRESERVATION TRENDS

NATIONAL SURVEY
CONDUCTED BY THE
NATIONAL CENTER FOR
HOME FOOD PRESERVATION
AND MONTANA STATE
UNIVERSITY



"National Trends in Home Food Preservation and Outreach," Routh, Slipper, Linse, and Schwan, 2024



PRESERVATION CONNECTS US TO FAMILY AND CULTURE.

SHARING PRESERVATION SKILLS AND KNOWLEDGE
CONTRIBUTES TO INDIVIDUAL AND COMMUNITY WELLBEING.

CULTURE AND FOOD PRESERVATION

- ALL THE FOODS WE EAT ARE THE RESULT OF THE LIFE OF THE MICROBES THAT LIVE IN THEM.
- DRYING: ONE OF THE OLDEST METHODS OF PRESERVATION IN THE WORLD.
- PICKLING AND FERMENTATION: METHODS OF PRESERVATION OF VEGETABLES IN THE PAST.





RECIPES AND TECHNIQUES PASSED DOWN

- SMOKED FISH
- SOURDOUGH
- ELDERBERRY SYRUP
- KIMCHI
- DEHYDRATED BACKPACKING MEALS
- APPLE CIDER
- CANNED TUNA
- CURED BACON
- DEHYDRATED WILD BERRIES
- CANNED PIE FILLING
- SAUERKRAUT
- ELK JERKY
- THE LIST GOES ON...

CULTURE AND FOOD PRESERVATION

- IMPROVED ACCESS TO
SEASONAL AND LOCAL
FOODS AND MEANS OF
PRODUCTION
- DIVERSIFIED DIET
- SUSTAINABLE AND
CULTURAL CONNECTIONS
- SENSE OF COMMUNITY
AND WELL-BEING



A white rectangular tray filled with a variety of dried fruits. From left to right, there are banana chips, strawberries, banana slices, apple slices, raisins, and orange slices. The text "WHO ARE THE MFP VOLUNTEERS?" is overlaid in white, centered on the tray.

WHO ARE THE
MFP
VOLUNTEERS?



RECRUITMEN

T

- LARGELY BY WORD OF MOUTH
- CROSS-RECRUITMENT WITHIN EXTENSION
- CROSS-SECTION OF PROFESSIONS, TRENDING TOWARDS MORE EDUCATIONAL EXPERIENCE
- FOOD IS A CENTRAL PART OF THEIR IDENTITY



BECOMING AN MFP VOLUNTEER

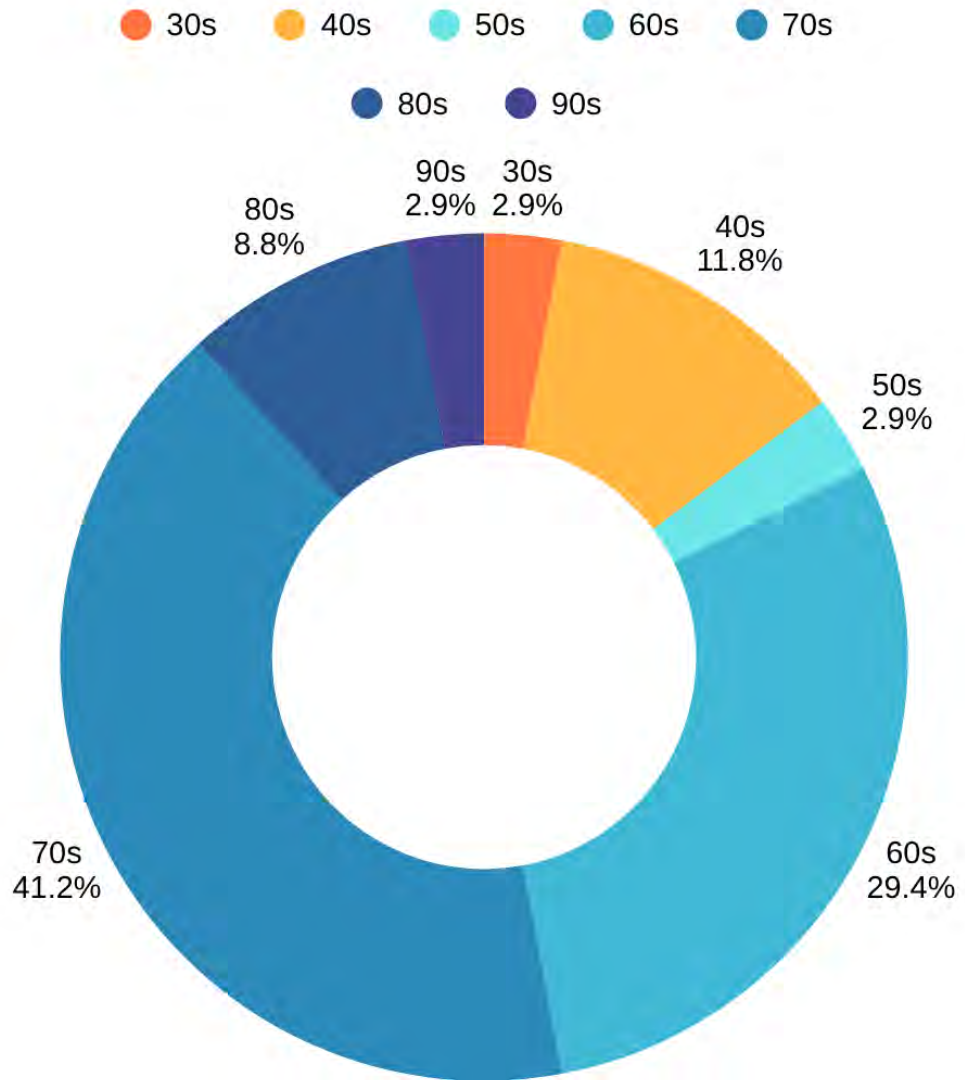
COMPLETE A 40+ HOUR TRAINING COURSE.

SUCCESSFULLY PASS AN ANNUAL COMPETENCY EXAM.

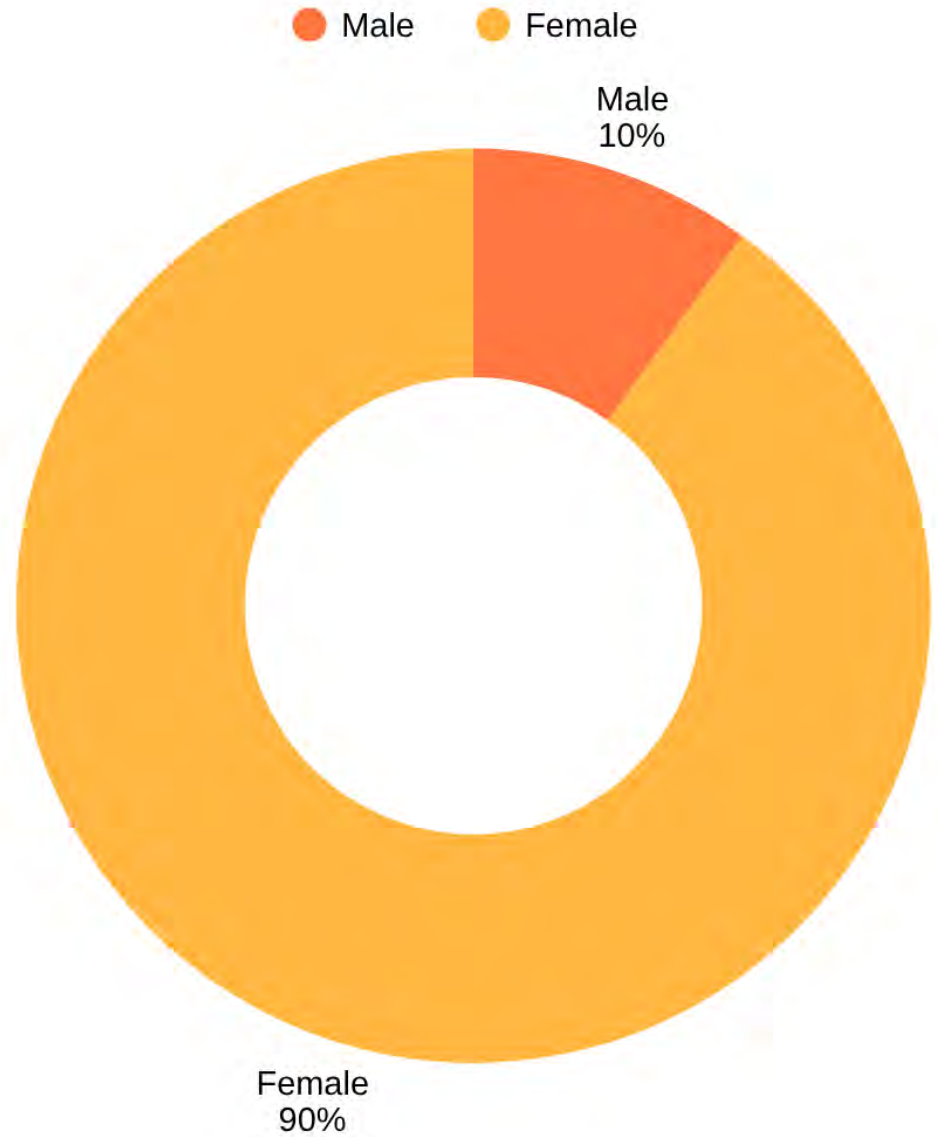
VOLUNTEER 40 HOURS OF SERVICE TO THE COMMUNITY EVERY YEAR.

PARTICIPATE IN CONTINUING EDUCATION ACTIVITIES.

MFP AGE BY DECADE



MFPS BY GENDER



A top-down view of a white rectangular tray filled with a variety of dried fruits. The tray is divided into several sections: on the left, there are yellow banana chips; next to them are dark red strawberry slices; in the center, there are light-colored apple slices; to the right of the apples are dark, shriveled raisins; and on the far right, there are bright orange slices. The entire tray is set against a dark, almost black background.

WHAT DO MFP
VOLUNTEERS DO?

TYPES OF VOLUNTEER ACTIVITIES

- COMMUNITY WORKSHOPS
 - TEACHING SAFE PRESERVATION
 - BUILDING SKILLS WITH HANDS-ON LEARNING
 - AUDIENCE-SPECIFIC TOPICS AND FORMATS
- TABLING AT MARKETS AND EVENTS
 - SUPPORTING FOOD RESOURCE MANAGEMENT
 - PROMOTING WASTE REDUCTION
 - TROUBLESHOOTING PRESERVATION PROBLEMS



TYPES OF VOLUNTEER ACTIVITIES

- FOOD SAFETY AND PRESERVATION HELPLINE
 - ANSWERING DIRECT CALLS FROM HOME COOKS AND PRESERVERS FROM AROUND THE STATE
 - SUPPORTING SAFE FOOD PRESERVATION
 - REDUCING HOUSEHOLD FOOD WASTE
- DEVELOPING VIDEOS OR SOCIAL MEDIA
 - CREATING TIMELY NEW MATERIALS FOR NEW AUDIENCES
 - RESPONDING TO CURRENT TRENDS



MEMBERSHIP ACTIVITIES

- MONTHLY VOLUNTEER MEETINGS AT COUNTY OFFICES
- SKILL-BUILDING SESSIONS
- CONTINUING EDUCATION WEBINARS
- STATEWIDE CONFERENCES



A top-down view of a white rectangular tray filled with various dried fruits. The tray is divided into sections: on the left, there are banana slices and strawberries; in the center, there are more banana slices and apple slices; on the right, there are dark raisins and a row of orange slices. The text is overlaid in the center of the tray.

HOW DOES
PARTICIPATION
BENEFIT THE
VOLUNTEERS?

SOCIAL CONNECTI ON

THE CAMARADERIE WAS FABULOUS. I ENJOYED MY CLASSMATES, THE MENTORS, AND THE FABULOUS [INSTRUCTOR].

Whenever I go to an event, class or meeting I leave feeling joy. The people are positive and I always learn something wonderful.

GETTING TO SPEND TIME EVERY WEEK WITH OTHER FOLKS WITH SIMILAR INTERESTS AND PASSIONS, WHILE LEARNING MORE ABOUT THOSE INTERESTS, HAS BEEN INCREDIBLY FUN!





MY MOST REWARDING MOMENTS ARE WATCHING “THE LIGHTS COME ON” AS OTHERS BETTER UNDERSTAND THE UPDATED INFORMATION AND NEW AND MORE SIMPLIFIED WAYS TO PRESERVE. MY REWARD IS DISCOVERING THAT I HAVE HELPED TO CONTRIBUTE TO THOSE “LIGHTS”.

PURPOSE

I AM REALLY GRATEFUL THAT OSU PROVIDES THIS KIND OF USEFUL PRACTICAL TRAINING AND I HOPE TO USE THE KNOWLEDGE GAINED TO HELP OTHERS PRESERVE FOODS SAFELY.

I LOVE GOOD FOOD AND DISLIKE FOOD WASTE.

IDENTITY

I LOVE TO COOK AND REALIZED THAT HEALTHY PRODUCE MEANS BETTER HEALTH, STRENGTH, FREEDOM AND SECURITY!

I had been canning with my Grandmother and Mother since I was 10yrs old.

I FIRST LEARNED CANNING FROM MY GRANDMOTHER BUT THERE IS SO MUCH MORE TO LEARN.





HOW TO ENGAGE WITH THE MFP PROGRAM

GET ENGAGED



MFP
Training

[https://extension.oregonstate.edu/
mfp/master-food-preserved-
training-courses](https://extension.oregonstate.edu/mfp/master-food-preserved-training-courses)



Community
Classes

[https://extension.oregonstate.edu/
program/all/mfp/events](https://extension.oregonstate.edu/program/all/mfp/events)



Helpline

1-800-354-7319

THANK YOU



Jared Hibbard-Swanson



Food Security and Safety
Program Manager

Oregon State University
Extension



[jared.hibbard-
swanson@oregonstate.edu](mailto:jared.hibbard-swanson@oregonstate.edu)



Oregon State University
Extension Service
