



## Family, Consumer and Health Sciences Printable Information List

### Allergies

- Food Allergies <http://ag.arizona.edu/pubs/health/az1067.pdf>
- Adverse Reactions to Food <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.049.PDF>
- Decoding Food Labels: Tools for People with Food Allergies <http://edis.ifas.ufl.edu/pdffiles/FY/FY72300.pdf>
- Living Wheat-Free <http://www.ca.uky.edu/hes/fcs/FACTSHTS/FN-SSB-207.pdf>
- Food Allergies and Your Child <http://www.ca.uky.edu/agc/pubs/nep/nep213c/nep213c.pdf>

### Cleaning

- How to Remove Mildew <http://www.extension.umn.edu/distribution/housingandclothing/00039.html>
- Keeping it Clean Controlling Mildew <http://edis.ifas.ufl.edu/pdffiles/FY/FY79600.pdf>
- Keeping it Clean: Cleaning your Refrigerator <http://edis.ifas.ufl.edu/pdffiles/FY/FY79300.pdf>
- A Clean and Safe Kitchen-Staying Healthy <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-24a.pdf>
- The Latest in Kitchen Sanitation Issues <http://ag.arizona.edu/pubs/health/az9714.pdf>
- BacDown! Give Bacteria the Cold Shoulder <http://www.fightbac.org/storage/documents/flyers/bac-down-brochure.pdf>
- The Clean Kitchen Test <http://www.clemson.edu/extension/hgic/food/pdf/hgic3503.pdf>
- Keeping it Clean: Tips on Cleaning Floors <http://edis.ifas.ufl.edu/pdffiles/FY/FY79500.pdf>
- Cleaning Heirloom Textiles <http://www.ca.uky.edu/hes/fcs/FACTSHTS/CT-MMB-065.pdf>
- Keeping it Clean: Glass – Windows and Mirrors <http://edis.ifas.ufl.edu/pdffiles/FY/FY79400.pdf>
- Removing Odors from Refrigerators and Freezers after Food has Spoiled <http://texashelp.tamu.edu/001a-hot-topics/pdfs/2005-sept/odor-removal-refrigerators.pdf>
- Care of the Freezer [http://www.uga.edu/nchfp/how/freeze/freezer\\_care.html](http://www.uga.edu/nchfp/how/freeze/freezer_care.html)
- Stain Removal <http://www.ca.uky.edu/HES/fcs/FACTSHTS/CT-LMH.145.PDF>

## **Cleaning - continued**

Stain Removal for Washable Fabrics <http://www.ca.uky.edu/agc/pubs/fcs2/fcs2840/fcs2840.pdf>

## **Clothing**

Prolonging the Life of Your Clothing <http://www.ca.uky.edu/hes/fcs/FACTSHTS/CT-MMB-141.pdf>  
Clothing: Silver Threads for the Golden Years <http://www.ca.uky.edu/agc/pubs/FCS2/FCS2811/FCS2811.pdf>  
Facts about Fabric Flammability <http://www.extension.iastate.edu/Publications/NCR174.pdf>  
Mothballs: Proper Use and Alternative Controls for Clothes Moths <http://extension.oregonstate.edu/catalog/pdf/pnw/pnw606-e.pdf>

## **Diabetes**

Diabetes ...Until You See a Dietician <http://www.unce.unr.edu/publications/files/hn/2006/fs0605.pdf>  
Healthy Eating: Nutrition and Diabetes <http://edis.ifas.ufl.edu/pdffiles/FY/FY68500.pdf>  
Diabetes – Meal Planning the first step <http://ag.arizona.edu/pubs/health/az1228.pdf>  
Diabetes and Diverse Audiences <http://cals.arizona.edu/pubs/health/az1406.pdf>

## **Disaster**

Disaster Planning: Important Papers and Documents <http://edis.ifas.ufl.edu/pdffiles/FY/FY61900.pdf>  
Disaster Planning Tips for Senior Adults <http://edis.ifas.ufl.edu/pdffiles/FY/FY62000.pdf>  
Food for Emergencies- Pandemic Flu [http://www.ca.uky.edu/hes/fcs/FACTSHTS/KY\\_EDEN-JSK-302.PDF](http://www.ca.uky.edu/hes/fcs/FACTSHTS/KY_EDEN-JSK-302.PDF)  
Severe Weather Tips: Extreme Heat <http://www.wagwx.ca.uky.edu/EDEN/eden-12.pdf>  
Obtaining Disaster Assistance <http://texashelp.tamu.edu/011-disaster-by-stage/pdfs/recovery/ER-024-Disaster-Assistance-Individuals-Families.pdf>

## **Disaster Emergencies**

Preparing to Evacuate your Home in Case of an Emergency <http://edis.ifas.ufl.edu/pdffiles/fy/fy61600.pdf>  
Preparing for a Weather Emergency [http://www.fsis.usda.gov/PDF/Preparing\\_for\\_Weather\\_Emergency.pdf](http://www.fsis.usda.gov/PDF/Preparing_for_Weather_Emergency.pdf)  
Emergencies: Are you Prepared? Your Personal Checklist of Important Documents <http://www.ext.vt.edu/pubs/family/354-141/354-141.pdf>  
Financial Readiness: As Critical as Fully Charged Batteries <http://www.ftc.gov/bcp/edu/pubs/consumer/alerts/alt170.pdf>  
Water: Storage and Emergency Use [http://extension.usu.edu/files/publications/publication/FN\\_Food\\_Safety\\_2006-01pr.pdf](http://extension.usu.edu/files/publications/publication/FN_Food_Safety_2006-01pr.pdf)  
Planning for the Unexpected <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-20a.pdf>  
Preparing for Disasters: Your Food and Drinking Water Supply <http://edis.ifas.ufl.edu/pdffiles/FY/FY61700.pdf>  
Preparing Food without Power <http://www.extension.umn.edu/distribution/nutrition/00008.html>  
Eating Nutritiously When the Lights are Out [http://ohioline.osu.edu/hyg-fact/pdf/emergency\\_food\\_pyramid.pdf](http://ohioline.osu.edu/hyg-fact/pdf/emergency_food_pyramid.pdf)  
Avoid Fraud during Emergencies <http://edis.ifas.ufl.edu/pdffiles/FY/FY61500.pdf>  
Preparing for a Weather Emergency [http://www.fsis.usda.gov/PDF/Preparing\\_for\\_Weather\\_Emergency.pdf](http://www.fsis.usda.gov/PDF/Preparing_for_Weather_Emergency.pdf)

## **Disaster Emergencies - continued**

- Preserving Beverages: Water, Juice, and Milk <http://ohioline.osu.edu/hyg-fact/5000/pdf/5354.pdf>
- Drinking Water: Storing an Emergency Supply <http://www.ianrpubs.unl.edu/epublic/live/g1536/build/g1536.pdf>
- Safe Operation of Backup Power Generator [http://repository.tamu.edu/bitstream/handle/1969.1/87423/pdf\\_2312.pdf?sequence=1](http://repository.tamu.edu/bitstream/handle/1969.1/87423/pdf_2312.pdf?sequence=1)
- Keeping Food Safe During an Emergency [http://www.fsis.usda.gov/pdf/keeping\\_food\\_safe\\_during\\_an\\_emergency.pdf](http://www.fsis.usda.gov/pdf/keeping_food_safe_during_an_emergency.pdf)

## **Disaster Healthy Lifestyles**

- Encouraging Family Communication After a Disaster <http://cals.arizona.edu/pubs/family/az1341/az1341f.pdf>
- Managing Conflict Following a Disaster <http://cals.arizona.edu/pubs/family/az1341/az1341g.pdf>
- Stress Management after a Disaster <http://cals.arizona.edu/pubs/family/az1341/az1341e.pdf>
- Supporting Children and Youth Following a Disaster <http://cals.arizona.edu/pubs/family/az1341/az1341d.pdf>
- Supporting Families Following a Disaster <http://cals.arizona.edu/pubs/family/az1341/az1341a.pdf>
- Understanding Depression Following a Disaster <http://cals.arizona.edu/pubs/family/az1341/az1341h.pdf>
- Understanding the Impact of Disasters on the Lives of Children and Youth <http://cals.arizona.edu/pubs/family/az1341/az1341c.pdf>

## **Finance**

- Choosing the Best Credit Card <http://www.ces.purdue.edu/extmedia/CFS/CFS-710-W.pdf>
- Choosing the Best Interest Rate <http://www.ces.purdue.edu/extmedia/CFS/CFS-711-W.pdf>
- Selecting a Credit Card <http://msuextension.org/publications/FamilyFinancialManagement/MT199802HR.pdf>
- Deciding How Many Credit Cards You Need <http://www.ces.purdue.edu/extmedia/CFS/CFS-712-W.pdf>
- Deciding How Much Credit is Too Much <http://www.ces.purdue.edu/extmedia/CFS/CFS-713-W.pdf>
- Getting Rid of Credit Card Debt <http://www.ces.purdue.edu/extmedia/CFS/CFS-714-W.pdf>
- Checking Your Credit Report <http://www.ces.purdue.edu/extmedia/CFS/CFS-716-W.pdf>
- Developing a Spending Plan <http://msuextension.org/publications/FamilyFinancialManagement/MT199703HR.pdf>
- Protecting Your Credit Information <http://www.ces.purdue.edu/extmedia/CFS/CFS-715-W.pdf>
- Stretching Decorating Dollars <http://www.ext.colostate.edu/Pubs/consumer/09533.pdf>
- Stretching Your Dollars: Controlling Your Grocery Bill <http://edis.ifas.ufl.edu/pdf/HE/HE93400.pdf>
- Stretching Your Supermarket Dollars <http://edis.ifas.ufl.edu/pdf/HE/HE67700.pdf>
- Identity Theft: Simple Guide to Protecting Yourself <http://cals.arizona.edu/pubs/consumer/az1431.pdf>
- Your Important Papers: What to Keep and Where <http://msuextension.org/publications/FamilyFinancialManagement/MT199611HR.pdf>
- Family, Youth and Community Sciences News <http://fyics.ifas.ufl.edu/news/2006/09/allowances-for-children.html>
- Do you want to learn how to save, invest, and manage your money better? <http://www.mymoney.gov/>

## **Finance - continued**

- Financial Readiness: As Critical as Fully Charged Batteries <http://www.ftc.gov/bcp/edu/pubs/consumer/alerts/alt170.pdf>  
Money Saving Tips [http://livinggreen.ifas.ufl.edu/energy/money\\_saving\\_tips.html](http://livinggreen.ifas.ufl.edu/energy/money_saving_tips.html)  
Money Matters [http://edis.ifas.ufl.edu/topic\\_money\\_matters](http://edis.ifas.ufl.edu/topic_money_matters)  
Buying Home 101 <http://www.ca.uky.edu/agc/pubs/aec/aec94/aec94.pdf>  
Environmental Services Department <http://www.maricopa.gov/EnvSvc/>  
Maricopa Small Business Development Center <http://www.maricopa-sbdc.com/index.html>

## **Finance Important Papers**

- Replacing Those VIPs (Very Important Papers) <http://msuextension.org/publications/FamilyFinancialManagement/MT199513HR.pdf>  
Taking a Household Inventory With a Camera <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FRM-00395.pdf>  
Family Financial Management – Interventions Following a disaster <http://cals.arizona.edu/pubs/family/az1341/az1341j.pdf>  
Family Financial Management – Planning for the Future <http://cals.arizona.edu/pubs/family/az1341/az1341i.pdf>

## **Food Preparation**

- Blanching Vegetables – Why and How <http://www.extension.umn.edu/distribution/nutrition/00053.html>  
Asparagus <http://www.extension.iastate.edu/healthnutrition/foodrecipeactivity/food/asparagus.htm>  
Beets <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561A.pdf>  
Pickled Beets <http://www.extension.umn.edu/distribution/nutrition/00045.html>  
Broccoli <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561B.pdf>  
Cabbage <http://www.uaf.edu/files/ces/publications-db/catalog/anr/FNH-00561C.pdf>  
Carrots <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561D.pdf>  
Chile [http://extension.usu.edu/files/publications/publication/FN\\_2005\\_Harvest\\_01.pdf](http://extension.usu.edu/files/publications/publication/FN_2005_Harvest_01.pdf)  
Processing Fresh Chile Peppers [http://cahe.nmsu.edu/pubs/\\_e/E-324.pdf](http://cahe.nmsu.edu/pubs/_e/E-324.pdf)  
Corn <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561E.pdf>  
Corn [http://extension.usu.edu/files/publications/publication/FN\\_Harvest\\_2005\\_08pr.pdf](http://extension.usu.edu/files/publications/publication/FN_Harvest_2005_08pr.pdf)  
Lettuce <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561F.pdf>  
Morel Mushrooms <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00020.pdf>  
Organic Labeling and Marketing Information <http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELDEV3004446&acct=nopgeninfo>  
Sugar Snap Peas <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561J.pdf>  
Tomatoes <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561H.pdf>  
Winter Squash <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561K.pdf>  
Making Soft Cheeses <http://www.ext.colostate.edu/pubs/foodnut/09337.pdf>

## **Food Preparation - continued**

- Making Safe Baby Foods <http://www.extension.umn.edu/distribution/nutrition/00026.html>
- High Altitude Cooking [http://aces.nmsu.edu/pubs/\\_e/E-215.pdf](http://aces.nmsu.edu/pubs/_e/E-215.pdf)
- High Altitude Cooking and Food Safety [http://www.fsis.usda.gov/Fact\\_Sheets/High\\_Altitude\\_Cooking\\_and\\_Food\\_Safety/index.asp](http://www.fsis.usda.gov/Fact_Sheets/High_Altitude_Cooking_and_Food_Safety/index.asp)
- Easy Yeast Breads In a Bag [http://extension.usu.edu/files/publications/publication/FN\\_Bread\\_2006-01.pdf](http://extension.usu.edu/files/publications/publication/FN_Bread_2006-01.pdf)
- Sourdough <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00061.pdf>
- Using Dry Milk <http://www.fcs.uga.edu/pubs/PDF/FDNS-NE-1003.pdf>
- Food Hotlines: Contact Information <http://sarasota.extension.ufl.edu/FCS/FoodHotlines.pdf>
- Healthful Whole Grains! <http://www.ksre.ksu.edu/library/fntr2/mf2560.pdf>
- Making Horseradish <http://www1.extension.umn.edu/food-safety/preserving/vegetables-herbs/making-horseradish/>
- Cooking, Not Reheating with the Microwave <http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-21a.pdf>
- Microwave Cooking <http://cals.arizona.edu/pubs/health/az1081.pdf>
- Nuts <http://web2.msue.msu.edu/bulletins/Bulletin/PDF/WO1001.pdf>
- Flavorful Nuts <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.078.PDF>
- Flavored Vinegars and Oils <http://www.ext.colostate.edu/pubs/foodnut/09340.pdf>
- Making Cider Vinegar at Home <http://ohioline.osu.edu/hyg-fact/5000/pdf/5346.pdf>
- Rice [http://extension.usu.edu/files/publications/publication/FN\\_141.pdf](http://extension.usu.edu/files/publications/publication/FN_141.pdf)
- Winter Squash & Pumpkin [http://www.lsuagcenter.com/en/food\\_health/education\\_resources/EFNEP/factsheets/EFNEP++Fact+Sheet++Winter+Squash.htm](http://www.lsuagcenter.com/en/food_health/education_resources/EFNEP/factsheets/EFNEP++Fact+Sheet++Winter+Squash.htm)
- Selecting, Storing, and Serving Ohio Squash and Pumpkin <http://ohioline.osu.edu/hyg-fact/5000/pdf/5530.pdf>
- Cooking around the Campfire with Kids <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00559.pdf>
- American Egg Board <http://www.aeb.org/index.php?view=article&catid=2:uncategorised&id=1:welcome-to-the-american-egg-board&tmpl=component&print=1&layout=default&page=>
- National Dairy Council <http://www.nationaldairycouncil.org/Pages/Home.aspx>
- Rice: A World of Great Ideas <http://www.usarice.com/index.php>
- Flowers <http://www.ext.colostate.edu/pubs/garden/07237.pdf>
- Holiday Meals - Never Fear <https://utextension.tennessee.edu/publications/Documents/SP719-C.pdf>
- Create a "Brown Bag Special" <https://utextension.tennessee.edu/publications/Documents/SP719-H.pdf>
- What You Need to Know about Choosing and Preparing Infant Formulas <http://cals.arizona.edu/pubs/consumer/az1550.pdf>

## **Food Preparation Cooking**

- Cooking Terms <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-105a.pdf>
- Cooking Basics <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-104a.pdf>
- Cookie Basics <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.015.PDF>

## **Food Preparation Cooking - continued**

- Delicious Meals in Minutes <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.029.PDF>
- Healthy Cooking Tips <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-112a.pdf>
- Cooking Cereal, Rice and Pasta <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-701a.pdf>
- Cooking & Using Dried Beans and Peas <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-1102a.pdf>
- Using Beans and Peas in Recipes <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-1106a.pdf>
- Cooking with Herbs, Spices and Seasonings <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-113a.pdf>
- Gluten-free Baking <http://www.ext.colostate.edu/pubs/foodnut/09376.pdf>
- Cooking with Less... <http://www.ca.uky.edu/hes/fcs/FACTSHTS/FN-SSB.157.pdf>
- Yogurt Making Illustrated [http://biology.clc.uc.edu/fankhauser/Cheese/yogurt\\_making/YOGURT2000.htm](http://biology.clc.uc.edu/fankhauser/Cheese/yogurt_making/YOGURT2000.htm)

## **Food Preparation Fish and Seafood**

- Fresh – Caught Fish <http://www.clemson.edu/extension/hgic/food/pdf/hgic3604.pdf>
- Home Freezing of Fish <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00222.pdf>
- Is it Okay to Eat Fish? <http://www.fcs.uga.edu/pubs/PDF/FDNS-E-89-46.pdf>
- Fish Consumption Advisory <http://www.extension.umn.edu/distribution/nutrition/00037.html>
- Smoking Fish at Home <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00325.pdf>

## **Food Preparation Fruit**

- Safe Handling of Fresh Strawberries [http://www.foodsafety.wisc.edu/assets/pdf\\_Files/safe\\_handling\\_strawberries.pdf](http://www.foodsafety.wisc.edu/assets/pdf_Files/safe_handling_strawberries.pdf)
- Pears [http://extension.usu.edu/files/publications/publication/FN\\_2005\\_Harvest\\_05.pdf](http://extension.usu.edu/files/publications/publication/FN_2005_Harvest_05.pdf)
- Pomegranate Fruit and Juice <http://www.unce.unr.edu/publications/files/hn/2005/fs0536.pdf>
- Rhubarb Recipes <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00064.pdf>
- Making Apple Cider <http://www.fcs.uga.edu/pubs/PDF/FDNS-E-91.pdf>
- Apricots <http://extension.usu.edu/files/publications/publication/FN-2004-Harvest-02.pdf>
- Cantaloupe: Safe Methods to Store, preserve and Enjoy <http://anrcatalog.ucdavis.edu/pdf/8095.pdf>
- Cherries [http://extension.usu.edu/files/publications/publication/FN\\_2005\\_Harvest-03.pdf](http://extension.usu.edu/files/publications/publication/FN_2005_Harvest-03.pdf)
- Figs [http://extension.usu.edu/files/publications/publication/FN\\_Harvest\\_2005-06pr.pdf](http://extension.usu.edu/files/publications/publication/FN_Harvest_2005-06pr.pdf)
- Grapes [http://extension.usu.edu/files/publications/publication/FN\\_2005\\_Harvest-11.pdf](http://extension.usu.edu/files/publications/publication/FN_2005_Harvest-11.pdf)

## **Food Preparation Meat**

- Smoking Meat and Poultry [http://www.fsis.usda.gov/FactSheets/Smoking\\_Meat\\_and\\_Poultry/index.asp](http://www.fsis.usda.gov/FactSheets/Smoking_Meat_and_Poultry/index.asp)

## **Food Preparation Meat - continued**

- The Beef Industry's Information Center <http://www.beef.org/>  
Texas Beef Council <http://www.txbeef.org/>  
Big Game from Hunt to Home <http://ir.library.oregonstate.edu/jspui/bitstream/1957/13787/1/pnw517.pdf>  
Rabbit from Farm to Table [http://www.fsis.usda.gov/PDF/Rabbit from Farm to Table.pdf](http://www.fsis.usda.gov/PDF/Rabbit%20from%20Farm%20to%20Table.pdf)

## **Food Preparation Recipes**

- Altering Recipes for Better Health <http://www.ces.purdue.edu/extmedia/CFS/CFS-157-W.pdf>  
Modifying a Recipe to be Healthier <http://ohioline.osu.edu/hyg-fact/5000/pdf/5543.pdf>  
Updating Food Preparation to Promote Health <http://www.ext.colostate.edu/pubs/foodnut/09316.pdf>  
Modify your Recipes for Better Health <http://www.ccefm.com/readarticle.asp?ID=4&progID=2>

## **Food Preparation Substitutions**

- Sugar Substitutes – are they Safe? <http://ag.arizona.edu/pubs/health/az1229.pdf>  
Substitutions and Equivalents in Food Ingredients <http://www.ces.purdue.edu/extmedia/CFS/CFS-145-W.pdf>  
Ingredients Substitutions <http://www.ext.colostate.edu/Pubs/foodnut/09329.pdf>  
Healthy recipes: A guide to ingredients substitutions <http://www.mayoclinic.com/health/healthy-recipes/NU00585>

## **Food Preparation Turkey**

- Deep Fat Frying Turkeys <http://digitalcommons.unl.edu/cgi/viewcontent.cgi?article=2769&context=extensionhist/epublic/live/nf606/build/nf606.pdf>  
Additional Turkey Cooking Methods <http://cals.arizona.edu/pubs/health/az1091.pdf>  
Turducken Requires Safe Food Handling [http://www.fsis.usda.gov/PDF/Turduckens Require Safe Food Handling.pdf](http://www.fsis.usda.gov/PDF/Turduckens%20Require%20Safe%20Food%20Handling.pdf)  
Turkey: Alternate Routes to the Table [http://www.fsis.usda.gov/PDF/Turkey Alt Routes.pdf](http://www.fsis.usda.gov/PDF/Turkey%20Alt%20Routes.pdf)  
Turkey Basics Handling Cooked Dinners [http://www.fsis.usda.gov/PDF/Turkey Basics Handling Cooked Dinners.pdf](http://www.fsis.usda.gov/PDF/Turkey%20Basics%20Handling%20Cooked%20Dinners.pdf)  
Turkey Basics Safe Cooking [http://www.fsis.usda.gov/PDF/Turkey Basics Safe Cooking.pdf](http://www.fsis.usda.gov/PDF/Turkey%20Basics%20Safe%20Cooking.pdf)  
Turkey Basics Safe Thawing [http://www.fsis.usda.gov/PDF/Turkey Basics Safe Thawing.pdf](http://www.fsis.usda.gov/PDF/Turkey%20Basics%20Safe%20Thawing.pdf)  
Turkey Basics Stuffing [http://www.fsis.usda.gov/PDF/Turkey Basics Stuffing.pdf](http://www.fsis.usda.gov/PDF/Turkey%20Basics%20Stuffing.pdf)

## **Food Preservation**

- Drying Sunflower, Pumpkin and Popcorn Seeds <http://www.extension.umn.edu/distribution/nutrition/00040.html>  
Vacuum Sealing Food at Home Safely <http://www.extension.umn.edu/distribution/nutrition/00051.html>  
Vacuum Packaging Foods at Home <http://www.clemson.edu/extension/hgic/food/pdf/hgic3865.pdf>  
Vinegar for Pickling <http://www.extension.umn.edu/distribution/nutrition/00020.html>  
Uncooked Jams <http://www.ces.purdue.edu/extmedia/CFS/CFS-131-W.pdf>  
Food Preservation without Sugar or Salt <http://www.ext.colostate.edu/pubs/foodnut/09302.html>

## **Food Preservation - continued**

- Making Jellies <http://www.ext.colostate.edu/pubs/foodnut/09303.html>
- Pomegranate Jelly <http://cesanjoaquin.ucdavis.edu/files/17040.PDF>
- Food Preservation, Safety, and Shelf Life Extension <http://www.ianrpubs.unl.edu/epublic/live/q1816/build/q1816.pdf>
- Preservation Food for Special Meal Plans <http://ohioline.osu.edu/hyg-fact/5000/pdf/5352.pdf>
- Preserving Beverages: Water, Juice, and Milk <http://ohioline.osu.edu/hyg-fact/5000/pdf/5354.pdf>
- Boiling Water Canning Lemon or Lime Curd [http://extension.usu.edu/files/publications/publication/FN\\_Food\\_Preservation\\_2](http://extension.usu.edu/files/publications/publication/FN_Food_Preservation_2)
- Cook Surface Precautions for Home Canning [http://extension.usu.edu/files/publications/publication/FN\\_Food\\_Preservation\\_2C](http://extension.usu.edu/files/publications/publication/FN_Food_Preservation_2C)
- Pressure Canning Hydrated Wheat [http://extension.usu.edu/files/publications/newsletter/No\\_001\\_.pdf](http://extension.usu.edu/files/publications/newsletter/No_001_.pdf)
- How to Properly Store Cans and Bottles of Formula <http://cals.arizona.edu/pubs/consumer/az1551.pdf>

## **Food Preservation Additives**

- U. S. U. Steam Canning - position statement [http://extension.usu.edu/files/publications/newsletter/No\\_002.pdf](http://extension.usu.edu/files/publications/newsletter/No_002.pdf)
- Food Additives – Are They Safe <http://ag.arizona.edu/pubs/health/foodsafety/az1082.html>
- Chemicals and Foods <http://www.clemson.edu/extension/hgic/food/pdf/hgic3860.pdf>
- Sulfites: Separating Fact from Fiction <http://edis.ifas.ufl.edu/pdffiles/FY/FY73100.pdf>
- Food Preservation: Selection, Use and Care of Canning Equipment <http://msucares.com/pubs/infosheets/is0845.pdf>
- Using Boiling Water Canners <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-37-2.pdf>
- Preserving Food: Using Pressure Canners <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-37-3.pdf>
- Visual Inspection of Can Seams in Home Food Preservation <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00023.pdf>
- Purchasing and Using ClearJel <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-116.pdf>
- Selecting, Preparing and Canning Meat –Chicken or Rabbit [http://www.uga.edu/nchfp/how/can\\_05/chicken\\_rabbit.html](http://www.uga.edu/nchfp/how/can_05/chicken_rabbit.html)

## **Food Preservation Canning**

- Selecting, Preparing and Canning Meat – Meat Stock [http://www.uga.edu/nchfp/how/can\\_05/stock\\_broth.html](http://www.uga.edu/nchfp/how/can_05/stock_broth.html)
- Selecting, Preparing and Canning Meat – King and Dungeness Crab Meat [http://www.uga.edu/nchfp/how/can\\_05/crab.html](http://www.uga.edu/nchfp/how/can_05/crab.html)
- Selecting, Preparing and Canning Meat – Festive Mincemeat Pie Filling [http://www.uga.edu/nchfp/how/can\\_05/mincemeat\\_filling.html](http://www.uga.edu/nchfp/how/can_05/mincemeat_filling.html)
- Selecting, Preparing and Canning Meat – Smoked Fish Soups [http://www.uga.edu/nchfp/how/can\\_04/soups.html](http://www.uga.edu/nchfp/how/can_04/soups.html)
- Selecting, Preparing and Canning Meat – Oysters [http://www.uga.edu/nchfp/how/can\\_05/oysters.html](http://www.uga.edu/nchfp/how/can_05/oysters.html)
- Selecting, Preparing and Canning Meat – Tuna [http://www.uga.edu/nchfp/how/can\\_05/tuna.html](http://www.uga.edu/nchfp/how/can_05/tuna.html)
- Selecting, Preparing and Canning Meat – Chili Con Carne [http://www.uga.edu/nchfp/how/can\\_05/chili\\_con\\_carne.html](http://www.uga.edu/nchfp/how/can_05/chili_con_carne.html)
- Selecting, Preparing and Canning Meat – Fish [http://www.uga.edu/nchfp/how/can\\_05/fish.html](http://www.uga.edu/nchfp/how/can_05/fish.html)
- Selecting, Preparing and Canning Meat – Ground or Chopped Meat [http://www.uga.edu/nchfp/how/can\\_05/ground\\_chopped.html](http://www.uga.edu/nchfp/how/can_05/ground_chopped.html)
- Safe Methods of Canning Vegetables <http://postharvest.ucdavis.edu/datastorefiles/234-568.pdf>

## **Food Preservation Canning - continued**

- Canning Tomato Products <http://ohioline.osu.edu/hyg-fact/5000/pdf/5337.pdf>
- Adding acid to Tomatoes <http://www.extension.umn.edu/distribution/nutrition/00036.html>
- Sensational Salsas <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-43-16.pdf>
- Salsas Sensacionales <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-43-16-SP.pdf>
- Canning Fish in Quart Jars <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00126.pdf>
- Home Canning Smoked Fish and Home Smoking Fish for Canning <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00223.pdf>
- Canning Fish in Cans <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00125.pdf>
- Canning Green Chile [http://aces.nmsu.edu/pubs/\\_e/E-308.pdf](http://aces.nmsu.edu/pubs/_e/E-308.pdf)
- Cayenne Pepper Sauce [http://www.uga.edu/nchfp/how/can\\_04/cayenne\\_peppersauce.html](http://www.uga.edu/nchfp/how/can_04/cayenne_peppersauce.html)
- Selecting, Preparing and Canning Tomatoes [http://www.uga.edu/nchfp/how/can\\_03/tomato\\_intro.html](http://www.uga.edu/nchfp/how/can_03/tomato_intro.html)
- Mango Sauce [http://www.uga.edu/nchfp/how/can\\_02/mango\\_sauce.html](http://www.uga.edu/nchfp/how/can_02/mango_sauce.html)
- Canned Lemon Curd [http://www.uga.edu/nchfp/how/can\\_02/lemon\\_curd.html](http://www.uga.edu/nchfp/how/can_02/lemon_curd.html)
- Mexican Tomato Sauce [http://www.uga.edu/nchfp/how/can\\_salsa/mexican\\_tomato\\_sauce.html](http://www.uga.edu/nchfp/how/can_salsa/mexican_tomato_sauce.html)
- Peach Apple Salsa [http://www.uga.edu/nchfp/how/can\\_salsa/peach\\_apple\\_salsa.html](http://www.uga.edu/nchfp/how/can_salsa/peach_apple_salsa.html)
- Spicy Cranberry Salsa [http://www.uga.edu/nchfp/how/can\\_salsa/spicy\\_cranberry\\_salsa.html](http://www.uga.edu/nchfp/how/can_salsa/spicy_cranberry_salsa.html)
- Mango Salsa [http://www.uga.edu/nchfp/how/can\\_salsa/mango\\_salsa.html](http://www.uga.edu/nchfp/how/can_salsa/mango_salsa.html)
- Why lids don't seal <http://www.uwex.edu/ces/cty/kewaunee/documents/707backpage.pdf>
- When It's Time to Store Canning Supplies [http://www.uga.edu/nchfp/tips/fall/store\\_canning\\_supplies.html](http://www.uga.edu/nchfp/tips/fall/store_canning_supplies.html)

## **Food Preservation Drying**

- Drying Vegetables <http://www.ext.colostate.edu/pubs/foodnut/09308.html>
- Delicious Jerky – Make it safe <http://www.extension.umn.edu/distribution/nutrition/00029.html>
- Making Jerky <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00262.pdf>
- Leathers and Jerkies <http://www.ext.colostate.edu/pubs/foodnut/09311.pdf>
- Fruit Leather <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00228.pdf>
- Drying Foods <http://www.clemson.edu/extension/hgic/food/pdf/hgic3080.pdf>
- Mango Leather <http://www.uga.edu/nchfp/how/dry/dryingmango-leather.html>
- Drying Vegetables <http://www.ext.colostate.edu/pubs/foodnut/09308.pdf>
- Delicious Jerky -- Make it Safe <http://www.extension.umn.edu/distribution/nutrition/00029.html>

## **Food Preservation Freezing**

- Freezing Basics <http://ohioline.osu.edu/hyg-fact/5000/pdf/5341.pdf>
- Packaging, Loading the Freezer and Refreezing <http://www.ag.ndsu.edu/pubs/yf/foods/fnw614.pdf>
- Food Freezing Basics Methods of Wrapping <http://www.ag.ndsu.edu/pubs/yf/foods/fnw613.pdf>
- Food Freezing Basics: Freezing Dairy Products, Eggs, and Other Foods <http://www.ag.ndsu.edu/pubs/yf/foods/fnw616.pdf>

## **Food Preservation Freezing - continued**

Food Freezing Basics: Freezing Poultry and Fish	<a href="http://www.ag.ndsu.edu/pubs/yf/foods/fnw615.pdf">http://www.ag.ndsu.edu/pubs/yf/foods/fnw615.pdf</a>
Freezing Fruits	<a href="http://www.ext.colostate.edu/pubs/foodnut/09331.html">http://www.ext.colostate.edu/pubs/foodnut/09331.html</a>
Freezing Vegetables	<a href="http://www.ext.colostate.edu/pubs/foodnut/09330.html">http://www.ext.colostate.edu/pubs/foodnut/09330.html</a>
Freezing Vegetables at Home	<a href="http://www.ces.purdue.edu/extmedia/CFS/CFS-134-W.pdf">http://www.ces.purdue.edu/extmedia/CFS/CFS-134-W.pdf</a>
Freezing Combination Main Dishes	<a href="http://ohioline.osu.edu/hyg-fact/5000/pdf/5308.pdf">http://ohioline.osu.edu/hyg-fact/5000/pdf/5308.pdf</a>
Refreezing Food	<a href="http://www.extension.umn.edu/distribution/nutrition/00041.html">http://www.extension.umn.edu/distribution/nutrition/00041.html</a>
Freezing Green Chile	<a href="http://aces.nmsu.edu/pubs/_e/E-311.pdf">http://aces.nmsu.edu/pubs/_e/E-311.pdf</a>
Home Freezing of Fish	<a href="http://www.uaf.edu/files/ces/pubs/catalog/search/index.xml">http://www.uaf.edu/files/ces/pubs/catalog/search/index.xml</a>
Foods That Do Not Freeze Well	<a href="http://www.uga.edu/nchfp/how/freeze/dont_freeze_foods.html">http://www.uga.edu/nchfp/how/freeze/dont_freeze_foods.html</a>
Containers for Freezing	<a href="http://www.uga.edu/nchfp/how/freeze/containers.html">http://www.uga.edu/nchfp/how/freeze/containers.html</a>
Headspace to Allow Between Packed Food and Closure	<a href="http://www.uga.edu/nchfp/how/freeze/headspace.html">http://www.uga.edu/nchfp/how/freeze/headspace.html</a>
Packaging and Labeling Foods	<a href="http://www.uga.edu/nchfp/how/freeze/package_label.html">http://www.uga.edu/nchfp/how/freeze/package_label.html</a>
Freezing Blanching	<a href="http://www.uga.edu/nchfp/how/freeze/blanching.html">http://www.uga.edu/nchfp/how/freeze/blanching.html</a>
Freezing Apples	<a href="http://www.uga.edu/nchfp/how/freeze/apple.html">http://www.uga.edu/nchfp/how/freeze/apple.html</a>
Freezing Apricots	<a href="http://www.uga.edu/nchfp/how/freeze/apricot.html">http://www.uga.edu/nchfp/how/freeze/apricot.html</a>
Freezing Artichoke	<a href="http://www.uga.edu/nchfp/how/freeze/artichoke.html">http://www.uga.edu/nchfp/how/freeze/artichoke.html</a>
Freezing Asparagus	<a href="http://www.uga.edu/nchfp/how/freeze/asparagus.html">http://www.uga.edu/nchfp/how/freeze/asparagus.html</a>
Freezing Avocados	<a href="http://www.uga.edu/nchfp/how/freeze/avocado.html">http://www.uga.edu/nchfp/how/freeze/avocado.html</a>
Freezing Bacon	<a href="http://www.uga.edu/nchfp/how/freeze/bacon.html">http://www.uga.edu/nchfp/how/freeze/bacon.html</a>
Freezing Bananas	<a href="http://www.uga.edu/nchfp/how/freeze/banana.html">http://www.uga.edu/nchfp/how/freeze/banana.html</a>
Freezing Green, Snap, or Wax Beans	<a href="http://www.uga.edu/nchfp/how/freeze/bean_green.html">http://www.uga.edu/nchfp/how/freeze/bean_green.html</a>
Freezing Lima, Butter, or Pinto Beans	<a href="http://www.uga.edu/nchfp/how/freeze/bean_lima.html">http://www.uga.edu/nchfp/how/freeze/bean_lima.html</a>
Freezing Beets	<a href="http://www.uga.edu/nchfp/how/freeze/beet.html">http://www.uga.edu/nchfp/how/freeze/beet.html</a>
Freezing Blackberries or Dewberries	<a href="http://www.uga.edu/nchfp/how/freeze/blackberry.html">http://www.uga.edu/nchfp/how/freeze/blackberry.html</a>
Freezing Blueberries or Huckleberries	<a href="http://www.uga.edu/nchfp/how/freeze/blueberry.html">http://www.uga.edu/nchfp/how/freeze/blueberry.html</a>
Freezing Broccoli	<a href="http://www.uga.edu/nchfp/how/freeze/broccoli.html">http://www.uga.edu/nchfp/how/freeze/broccoli.html</a>
Freezing Butter	<a href="http://www.uga.edu/nchfp/how/freeze/butter.html">http://www.uga.edu/nchfp/how/freeze/butter.html</a>
Freezing Cabbage or Chinese Cabbage	<a href="http://www.uga.edu/nchfp/how/freeze/cabbage.html">http://www.uga.edu/nchfp/how/freeze/cabbage.html</a>
Freezing Carrots	<a href="http://www.uga.edu/nchfp/how/freeze/carrot.html">http://www.uga.edu/nchfp/how/freeze/carrot.html</a>
Freezing Cauliflower	<a href="http://www.uga.edu/nchfp/how/freeze/cauliflower.html">http://www.uga.edu/nchfp/how/freeze/cauliflower.html</a>
Freezing Celery	<a href="http://www.uga.edu/nchfp/how/freeze/celery.html">http://www.uga.edu/nchfp/how/freeze/celery.html</a>
Freezing Cheese	<a href="http://www.uga.edu/nchfp/how/freeze/cheese.html">http://www.uga.edu/nchfp/how/freeze/cheese.html</a>
Freezing Cherries - Sour	<a href="http://www.uga.edu/nchfp/how/freeze/cherry_sour.html">http://www.uga.edu/nchfp/how/freeze/cherry_sour.html</a>
Freezing Cherries - Sweet	<a href="http://www.uga.edu/nchfp/how/freeze/cherry_sweet.html">http://www.uga.edu/nchfp/how/freeze/cherry_sweet.html</a>
Freezing Citrus Fruits	<a href="http://www.uga.edu/nchfp/how/freeze/citrus.html">http://www.uga.edu/nchfp/how/freeze/citrus.html</a>
Freezing Clams	<a href="http://www.uga.edu/nchfp/how/freeze/clams.html">http://www.uga.edu/nchfp/how/freeze/clams.html</a>
Freezing Crab	<a href="http://www.uga.edu/nchfp/how/freeze/crab.html">http://www.uga.edu/nchfp/how/freeze/crab.html</a>

## **Food Preservation Freezing - continued**

- Freezing Coconut <http://www.uga.edu/nchfp/how/freeze/coconut.html>
- Freezing Corn <http://www.uga.edu/nchfp/how/freeze/corn.html>
- Freezing Cranberries <http://www.uga.edu/nchfp/how/freeze/cranberry.html>
- Freezing Currants <http://www.uga.edu/nchfp/how/freeze/currant.html>
- Freezing Dates <http://www.uga.edu/nchfp/how/freeze/date.html>
- Freezing Eggplant <http://www.uga.edu/nchfp/how/freeze/eggplant.html>
- Freezing Eggs <http://www.uga.edu/nchfp/how/freeze/eggs.html>
- Freezing Figs <http://www.uga.edu/nchfp/how/freeze/fig.html>
- Freezing Fish <http://www.uga.edu/nchfp/how/freeze/fish.html>
- Freezing Gooseberries <http://www.uga.edu/nchfp/how/freeze/gooseberry.html>
- Freezing Grapes <http://www.uga.edu/nchfp/how/freeze/grape.html>
- Freezing Grapes - Muscadine <http://www.uga.edu/nchfp/how/freeze/muscadine.html>
- Freezing Greens <http://www.uga.edu/nchfp/how/freeze/greens.html>
- Freezing Garlic-in-Oil [http://www.uga.edu/nchfp/how/freeze/garlic\\_oil.html](http://www.uga.edu/nchfp/how/freeze/garlic_oil.html)
- Freezing Guavas <http://www.uga.edu/nchfp/how/freeze/guava.html>
- Freezing Fresh Herbs <http://www.uga.edu/nchfp/how/freeze/herbs.html>
- Freezing Ice Cream [http://www.uga.edu/nchfp/how/freeze/ice\\_cream.html](http://www.uga.edu/nchfp/how/freeze/ice_cream.html)
- Freezing Kohlrabi <http://www.uga.edu/nchfp/how/freeze/kohlrabi.html>
- Freezing Lobster <http://www.uga.edu/nchfp/how/freeze/lobster.html>
- Freezing Loquats <http://www.uga.edu/nchfp/how/freeze/loquat.html>
- Freezing Mayhaw Juice [http://www.uga.edu/nchfp/how/freeze/mayhaw\\_juice.html](http://www.uga.edu/nchfp/how/freeze/mayhaw_juice.html)
- Freezing Meats <http://www.uga.edu/nchfp/how/freeze/meat.html>
- Freezing Mangos <http://www.uga.edu/nchfp/how/freeze/mango.html>
- Freezing Melons <http://www.uga.edu/nchfp/how/freeze/melon.html>
- Freezing Mushrooms <http://www.uga.edu/nchfp/how/freeze/mushroom.html>
- Freezing Okra <http://www.uga.edu/nchfp/how/freeze/okra.html>
- Freezing Onions <http://www.uga.edu/nchfp/how/freeze/onion.html>
- Freezing Oysters <http://www.uga.edu/nchfp/how/freeze/oysters.html>
- Freezing Edible Pod Peas [http://www.uga.edu/nchfp/how/freeze/pea\\_pod.html](http://www.uga.edu/nchfp/how/freeze/pea_pod.html)
- Freezing Blackeye or Field Peas [http://www.uga.edu/nchfp/how/freeze/peas\\_field.html](http://www.uga.edu/nchfp/how/freeze/peas_field.html)
- Freezing Green Peas [http://www.uga.edu/nchfp/how/freeze/peas\\_green.html](http://www.uga.edu/nchfp/how/freeze/peas_green.html)
- Freezing Peaches or Nectarines <http://www.uga.edu/nchfp/how/freeze/peach.html>
- Freezing Pears <http://www.uga.edu/nchfp/how/freeze/pear.html>
- Freezing Bell or Sweet Peppers [http://www.uga.edu/nchfp/how/freeze/pepper\\_bell.html](http://www.uga.edu/nchfp/how/freeze/pepper_bell.html)
- Freezing Hot Peppers [http://www.uga.edu/nchfp/how/freeze/pepper\\_hot.html](http://www.uga.edu/nchfp/how/freeze/pepper_hot.html)
- Freezing Persimmons <http://www.uga.edu/nchfp/how/freeze/persimmon.html>
- Freezing Pesto <http://www.uga.edu/nchfp/how/freeze/pesto.html>

## **Food Preservation Freezing - continued**

Freezing Pimientos	<a href="http://www.uga.edu/nchfp/how/freeze/pimento.html">http://www.uga.edu/nchfp/how/freeze/pimento.html</a>
Freezing Pineapple	<a href="http://www.uga.edu/nchfp/how/freeze/pineapple.html">http://www.uga.edu/nchfp/how/freeze/pineapple.html</a>
Freezing Poultry and Game Birds	<a href="http://www.uga.edu/nchfp/how/freeze/poultry.html">http://www.uga.edu/nchfp/how/freeze/poultry.html</a>
Freezing Plums	<a href="http://www.uga.edu/nchfp/how/freeze/plum.html">http://www.uga.edu/nchfp/how/freeze/plum.html</a>
Freezing Pomegranates	<a href="http://www.uga.edu/nchfp/how/freeze/pomegranate.html">http://www.uga.edu/nchfp/how/freeze/pomegranate.html</a>
Freezing New Irish Potatoes	<a href="http://www.uga.edu/nchfp/how/freeze/potato_new.html">http://www.uga.edu/nchfp/how/freeze/potato_new.html</a>
Freezing Prepared Foods	<a href="http://www.uga.edu/nchfp/publications/uga/FreezingPreparedFoods.pdf">http://www.uga.edu/nchfp/publications/uga/FreezingPreparedFoods.pdf</a>
Freezing Animal Products	<a href="http://www.uga.edu/nchfp/publications/uga/FreezingAnimalProducts.pdf">http://www.uga.edu/nchfp/publications/uga/FreezingAnimalProducts.pdf</a>
Freezing Sweet Potatoes	<a href="http://www.uga.edu/nchfp/how/freeze/potato_sweet.html">http://www.uga.edu/nchfp/how/freeze/potato_sweet.html</a>
Freezing Pumpkin	<a href="http://www.uga.edu/nchfp/how/freeze/pumpkin.html">http://www.uga.edu/nchfp/how/freeze/pumpkin.html</a>
Freezing Raspberries	<a href="http://www.uga.edu/nchfp/how/freeze/raspberry.html">http://www.uga.edu/nchfp/how/freeze/raspberry.html</a>
Freezing Rhubarb	<a href="http://www.uga.edu/nchfp/how/freeze/rhubarb.html">http://www.uga.edu/nchfp/how/freeze/rhubarb.html</a>
Freezing Rutabagas	<a href="http://www.uga.edu/nchfp/how/freeze/rutabaga.html">http://www.uga.edu/nchfp/how/freeze/rutabaga.html</a>
Freezing Scallops	<a href="http://www.uga.edu/nchfp/how/freeze/scallops.html">http://www.uga.edu/nchfp/how/freeze/scallops.html</a>
Freezing Shrimp	<a href="http://www.uga.edu/nchfp/how/freeze/shrimp.html">http://www.uga.edu/nchfp/how/freeze/shrimp.html</a>
Freezing Sour Cream	<a href="http://www.uga.edu/nchfp/how/freeze/sour_cream.html">http://www.uga.edu/nchfp/how/freeze/sour_cream.html</a>
Freezing Greens including Spinach	<a href="http://www.uga.edu/nchfp/how/freeze/greens.html">http://www.uga.edu/nchfp/how/freeze/greens.html</a>
Freezing Chayote Squash	<a href="http://www.uga.edu/nchfp/how/freeze/squash_chayote.html">http://www.uga.edu/nchfp/how/freeze/squash_chayote.html</a>
Freezing Strawberries	<a href="http://www.uga.edu/nchfp/how/freeze/strawberry.html">http://www.uga.edu/nchfp/how/freeze/strawberry.html</a>
Freezing Tomatoes	<a href="http://www.uga.edu/nchfp/how/freeze/tomato.html">http://www.uga.edu/nchfp/how/freeze/tomato.html</a>
Freezing Green Tomatoes	<a href="http://www.uga.edu/nchfp/how/freeze/tomato_green.html">http://www.uga.edu/nchfp/how/freeze/tomato_green.html</a>
Freezing Turnips or Parsnips	<a href="http://www.uga.edu/nchfp/how/freeze/turnip.html">http://www.uga.edu/nchfp/how/freeze/turnip.html</a>
Freezing Whipped Cream	<a href="http://www.uga.edu/nchfp/how/freeze/whipped_cream.html">http://www.uga.edu/nchfp/how/freeze/whipped_cream.html</a>
Freezing Squash	<a href="http://www.uga.edu/nchfp/how/freeze/squash_summer.html">http://www.uga.edu/nchfp/how/freeze/squash_summer.html</a>
Freezer Lemon Curd	<a href="http://www.uga.edu/nchfp/how/freeze/freezer_lemoncurd.html">http://www.uga.edu/nchfp/how/freeze/freezer_lemoncurd.html</a>
How Long Can I Store Frozen Foods	<a href="http://www.uga.edu/nchfp/how/freeze/freezer_shelf_life.html">http://www.uga.edu/nchfp/how/freeze/freezer_shelf_life.html</a>
Home Freezing of Fish	<a href="http://ohioline.osu.edu/hyg-fact/5000/pdf/5351.pdf">http://ohioline.osu.edu/hyg-fact/5000/pdf/5351.pdf</a>

## **Food Preservation Fruit**

Apricots	<a href="http://extension.usu.edu/files/publications/publication/FN-2004-Harvest-02.pdf">http://extension.usu.edu/files/publications/publication/FN-2004-Harvest-02.pdf</a>
Cantaloupe: Safe Methods to Store, Preserve and Enjoy	<a href="http://anrcatalog.ucdavis.edu/pdf/8095.pdf">http://anrcatalog.ucdavis.edu/pdf/8095.pdf</a>
Cherries	<a href="http://extension.usu.edu/files/publications/publication/FN_2005_Harvest-03.pdf">http://extension.usu.edu/files/publications/publication/FN_2005_Harvest-03.pdf</a>
Figs	<a href="http://extension.usu.edu/files/publications/publication/FN_Harvest_2005-06pr.pdf">http://extension.usu.edu/files/publications/publication/FN_Harvest_2005-06pr.pdf</a>
Grapes	<a href="http://extension.usu.edu/files/publications/publication/FN_2005_Harvest-11.pdf">http://extension.usu.edu/files/publications/publication/FN_2005_Harvest-11.pdf</a>

## **Food Preservation Fruit - continued**

Blueberries <http://pubs.cas.psu.edu/freepubs/pdfs/uk125.pdf>

## **Food Preservation Herbs**

Harvesting, Preserving and Storing Herbs <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.039.PDF>

Herbs <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561L.pdf>

Don't Salt It – Herb and Spice it! <http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-25a.pdf>

## **Food Preservation Jams and Jellies**

Mixed Fruit Jelly with Liquid Pectin [http://www.uga.edu/nchfp/how/can\\_07/jam\\_jelly\\_with\\_pectin.html](http://www.uga.edu/nchfp/how/can_07/jam_jelly_with_pectin.html)

Mint Jelly II with Liquid Pectin [http://www.uga.edu/nchfp/how/can\\_07/mint\\_jelly\\_liquid\\_II.html](http://www.uga.edu/nchfp/how/can_07/mint_jelly_liquid_II.html)

Mint Jelly with Liquid Pectin [http://www.uga.edu/nchfp/how/can\\_07/mint\\_jelly\\_liquid.html](http://www.uga.edu/nchfp/how/can_07/mint_jelly_liquid.html)

Mayhaw Pepper Jelly with Powdered Pectin [http://www.uga.edu/nchfp/how/can\\_07/mayhaw\\_pepper\\_jelly.html](http://www.uga.edu/nchfp/how/can_07/mayhaw_pepper_jelly.html)

Mayhaw Jelly with Powdered Pectin [http://www.uga.edu/nchfp/how/can\\_07/mayhaw\\_pectin\\_jelly.html](http://www.uga.edu/nchfp/how/can_07/mayhaw_pectin_jelly.html)

Mayhaw Jelly without added Pectin [http://www.uga.edu/nchfp/how/can\\_07/mayhaw\\_jelly.html](http://www.uga.edu/nchfp/how/can_07/mayhaw_jelly.html)

Loquat Jelly without added Pectin [http://www.uga.edu/nchfp/how/can\\_07/loquat\\_jelly.html](http://www.uga.edu/nchfp/how/can_07/loquat_jelly.html)

Grape-Plum Jelly with powdered Pectin [http://www.uga.edu/nchfp/how/can\\_07/grape\\_plum\\_jelly.html](http://www.uga.edu/nchfp/how/can_07/grape_plum_jelly.html)

Grape Jelly made from frozen concentrated Juice with liquid Pectin [http://www.uga.edu/nchfp/how/can\\_07/grape\\_jelly\\_frozen.html](http://www.uga.edu/nchfp/how/can_07/grape_jelly_frozen.html)

Grape Jelly with powdered Pectin [http://www.uga.edu/nchfp/how/can\\_07/grape\\_jelly\\_powder.html](http://www.uga.edu/nchfp/how/can_07/grape_jelly_powder.html)

Grape Jelly with liquid Pectin [http://www.uga.edu/nchfp/how/can\\_07/grape\\_jelly\\_liquid.html](http://www.uga.edu/nchfp/how/can_07/grape_jelly_liquid.html)

Corncob Jelly with powdered Pectin [http://www.uga.edu/nchfp/how/can\\_07/corncob\\_jelly.html](http://www.uga.edu/nchfp/how/can_07/corncob_jelly.html)

Cranapple Jelly without added Pectin [http://www.uga.edu/nchfp/how/can\\_07/crabapple\\_jelly.html](http://www.uga.edu/nchfp/how/can_07/crabapple_jelly.html)

Cherry Jelly with powdered Pectin [http://www.uga.edu/nchfp/how/can\\_07/cherry\\_jelly\\_powder.html](http://www.uga.edu/nchfp/how/can_07/cherry_jelly_powder.html)

Cherry Jelly with liquid Pectin [http://www.uga.edu/nchfp/how/can\\_07/cherry\\_jelly\\_liquid.html](http://www.uga.edu/nchfp/how/can_07/cherry_jelly_liquid.html)

Butia Palm Fruit Jelly with powdered Pectin [http://www.uga.edu/nchfp/how/can\\_07/butia\\_palm\\_jelly\\_powder.html](http://www.uga.edu/nchfp/how/can_07/butia_palm_jelly_powder.html)

Blackberry Jelly without added Pectin [http://www.uga.edu/nchfp/how/can\\_07/blackberry\\_jelly.html](http://www.uga.edu/nchfp/how/can_07/blackberry_jelly.html)

Blackberry Jelly with powdered Pectin [http://www.uga.edu/nchfp/how/can\\_07/blackberry\\_jelly\\_powder.html](http://www.uga.edu/nchfp/how/can_07/blackberry_jelly_powder.html)

Blackberry Jelly with liquid Pectin [http://www.uga.edu/nchfp/how/can\\_07/blackberry\\_jelly\\_liquid.html](http://www.uga.edu/nchfp/how/can_07/blackberry_jelly_liquid.html)

Apple Jelly without added Pectin [http://www.uga.edu/nchfp/how/can\\_07/apple\\_jelly.html](http://www.uga.edu/nchfp/how/can_07/apple_jelly.html)

Uncooked Berry Jam with powdered Pectin [http://www.uga.edu/nchfp/how/can\\_07/uncooked\\_berry\\_jam\\_powder.html](http://www.uga.edu/nchfp/how/can_07/uncooked_berry_jam_powder.html)

Tutti-Frutti with powdered Pectin [http://www.uga.edu/nchfp/how/can\\_07/tutti\\_frutti\\_powder.html](http://www.uga.edu/nchfp/how/can_07/tutti_frutti_powder.html)

Spiced Tomato Jam with powdered Pectin [http://www.uga.edu/nchfp/how/can\\_07/spiced\\_tomato\\_jam.html](http://www.uga.edu/nchfp/how/can_07/spiced_tomato_jam.html)

Rhubarb-Strawberry Jam with liquid Pectin [http://www.uga.edu/nchfp/how/can\\_07/strawberry\\_rhubarb\\_jelly.html](http://www.uga.edu/nchfp/how/can_07/strawberry_rhubarb_jelly.html)

Strawberry-Fig Preserves with Gelatin [http://www.uga.edu/nchfp/how/can\\_07/strawberry\\_fig\\_preserves.html](http://www.uga.edu/nchfp/how/can_07/strawberry_fig_preserves.html)

Strawberry Jam with powdered Pectin [http://www.uga.edu/nchfp/how/can\\_07/strawberry\\_jam\\_powder.html](http://www.uga.edu/nchfp/how/can_07/strawberry_jam_powder.html)

Strawberry Jam with liquid Pectin [http://www.uga.edu/nchfp/how/can\\_07/strawberry\\_jam\\_liquid.html](http://www.uga.edu/nchfp/how/can_07/strawberry_jam_liquid.html)

Damson Plum Jam without added Pectin [http://www.uga.edu/nchfp/how/can\\_07/damson\\_plum\\_jam.html](http://www.uga.edu/nchfp/how/can_07/damson_plum_jam.html)

## **Food Preservation Jams and Jellies - continued**

Plum Jam without added Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/plum_jam.html">http://www.uga.edu/nchfp/how/can_07/plum_jam.html</a>
Plum Jam with powdered Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/plum_jam_powder.html">http://www.uga.edu/nchfp/how/can_07/plum_jam_powder.html</a>
Plum Jam with liquid Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/plum_jam_liquid.html">http://www.uga.edu/nchfp/how/can_07/plum_jam_liquid.html</a>
Mint-Pineapple Jam with liquid Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/mint_pineapple_jam_liquid.html">http://www.uga.edu/nchfp/how/can_07/mint_pineapple_jam_liquid.html</a>
Pineapple Jam with liquid Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/pineapple_jam_liquid.html">http://www.uga.edu/nchfp/how/can_07/pineapple_jam_liquid.html</a>
Ginger-Peach Jam with liquid Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/ginger_peach_jam.html">http://www.uga.edu/nchfp/how/can_07/ginger_peach_jam.html</a>
Peach Jam with powdered Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/peach_jam_powder.html">http://www.uga.edu/nchfp/how/can_07/peach_jam_powder.html</a>
Peach Jam with liquid Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/peach_jam_liquid.html">http://www.uga.edu/nchfp/how/can_07/peach_jam_liquid.html</a>
Grape Jam without added Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/grape_jam_without_pectin.html">http://www.uga.edu/nchfp/how/can_07/grape_jam_without_pectin.html</a>
Fig Jam without added Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/fig_jam.html">http://www.uga.edu/nchfp/how/can_07/fig_jam.html</a>
Fig Jam with liquid Pectin	<a href="http://nchfp.uga.edu/how/can_07/fig_jam_liquid.html">http://nchfp.uga.edu/how/can_07/fig_jam_liquid.html</a>
Cherry Jam with powdered Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/cherry_jam_powder.html">http://www.uga.edu/nchfp/how/can_07/cherry_jam_powder.html</a>
Cherry Jam with liquid Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/cherry_jam_liquid.html">http://www.uga.edu/nchfp/how/can_07/cherry_jam_liquid.html</a>
Blueberry-Spice Jam with powdered Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/blueberry_spice_jam.html">http://www.uga.edu/nchfp/how/can_07/blueberry_spice_jam.html</a>
Spiced Blueberry-Peach Jam without added Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/spiced_blueberry_peach_jam.html">http://www.uga.edu/nchfp/how/can_07/spiced_blueberry_peach_jam.html</a>
Blackberry Jams with powdered Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/blackberry_jam_powder.html">http://www.uga.edu/nchfp/how/can_07/blackberry_jam_powder.html</a>
Blackberry Jam with liquid Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/blackberry_jam_liquid.html">http://www.uga.edu/nchfp/how/can_07/blackberry_jam_liquid.html</a>
Blackberry Jam without added Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/berry_jams.html">http://www.uga.edu/nchfp/how/can_07/berry_jams.html</a>
Apricot Jam without added Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/apricot_jam.html">http://www.uga.edu/nchfp/how/can_07/apricot_jam.html</a>
Causes and Possible Solutions for Problem with Jellied Fruit Products	<a href="http://www.uga.edu/nchfp/how/can_07/jellyproblems.html">http://www.uga.edu/nchfp/how/can_07/jellyproblems.html</a>
Apple Preserve with powdered Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/apple_preserves.html">http://www.uga.edu/nchfp/how/can_07/apple_preserves.html</a>
Storing Home-Canned Jams and Jellies	<a href="http://www.uga.edu/nchfp/how/can_07/storing_jams.html">http://www.uga.edu/nchfp/how/can_07/storing_jams.html</a>
Stiff Jams or Jellies	<a href="http://www.uga.edu/nchfp/how/can_07/stiff_jelly.html">http://www.uga.edu/nchfp/how/can_07/stiff_jelly.html</a>
Remaking Soft Jellies	<a href="http://www.uga.edu/nchfp/how/can_07/remake_soft_jelly.html">http://www.uga.edu/nchfp/how/can_07/remake_soft_jelly.html</a>
Testing Jelly without added Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/jelly_point.html">http://www.uga.edu/nchfp/how/can_07/jelly_point.html</a>
Processing Jams and Jellies	<a href="http://www.uga.edu/nchfp/publications/uga/uga_processing_j_j.pdf">http://www.uga.edu/nchfp/publications/uga/uga_processing_j_j.pdf</a>
Making Jams and Jellies with Added Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/jam_jelly_with_pectin.html">http://www.uga.edu/nchfp/how/can_07/jam_jelly_with_pectin.html</a>
Making Jams and Jellies without Added Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/jelly_without_pectin.html">http://www.uga.edu/nchfp/how/can_07/jelly_without_pectin.html</a>
General Information on Jams, Jellies, and Marmalades	<a href="http://www.uga.edu/nchfp/how/can_07/prep_jam_jelly.html">http://www.uga.edu/nchfp/how/can_07/prep_jam_jelly.html</a>
Jellied Product Ingredients	<a href="http://www.uga.edu/nchfp/how/can_07/jellied_product_ingredients.html">http://www.uga.edu/nchfp/how/can_07/jellied_product_ingredients.html</a>
Types of Jellied Products	<a href="http://www.uga.edu/nchfp/how/can_07/types_jellied_products.html">http://www.uga.edu/nchfp/how/can_07/types_jellied_products.html</a>
Strawberry-Kiwi Jam with powdered Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/strawberry_kiwi_jam.html">http://www.uga.edu/nchfp/how/can_07/strawberry_kiwi_jam.html</a>
Blueberry-Currant Jam with added Pectin	<a href="http://www.uga.edu/nchfp/how/can_07/blueberry_currant_jam.html">http://www.uga.edu/nchfp/how/can_07/blueberry_currant_jam.html</a>
Extracting Juice for Jelly	<a href="http://www.uga.edu/nchfp/how/can_07/extract_juice.html">http://www.uga.edu/nchfp/how/can_07/extract_juice.html</a>
Refrigerator Jelly with Splenda	<a href="http://www.uga.edu/nchfp/how/can_07/no_sugar_jelly.html">http://www.uga.edu/nchfp/how/can_07/no_sugar_jelly.html</a>
Refrigerator Grape Jelly with Liquid Sweetener	<a href="http://www.uga.edu/nchfp/how/can_07/no_sugar_grape_spread.html">http://www.uga.edu/nchfp/how/can_07/no_sugar_grape_spread.html</a>

## **Food Preservation Jams and Jellies - continued**

Refrigerator Apple Jelly with Liquid Sweetener	<a href="http://www.uga.edu/nchfp/how/can_07/no_sugar_apple_spread.html">http://www.uga.edu/nchfp/how/can_07/no_sugar_apple_spread.html</a>
Reduced-Sugar Fruit Spreads: Refrigerated Grape Spread	<a href="http://www.uga.edu/nchfp/how/can_07/refrig_grape_spread.html">http://www.uga.edu/nchfp/how/can_07/refrig_grape_spread.html</a>
Reduced-Sugar Fruit Spreads: Refrigerated Apple Spread	<a href="http://www.uga.edu/nchfp/how/can_07/refrig_apple_spread.html">http://www.uga.edu/nchfp/how/can_07/refrig_apple_spread.html</a>
Reduced-Sugar Fruit Spreads: Peach-Pineapple Spread	<a href="http://www.uga.edu/nchfp/how/can_07/peach_pineapple_spread.html">http://www.uga.edu/nchfp/how/can_07/peach_pineapple_spread.html</a>
Making Reduced-Sugar Fruit Spreads	<a href="http://www.uga.edu/nchfp/how/can_07/reduced_sugar_spread.html">http://www.uga.edu/nchfp/how/can_07/reduced_sugar_spread.html</a>
Tomato Marmalade	<a href="http://www.uga.edu/nchfp/how/can_07/tomato_marmalade.html">http://www.uga.edu/nchfp/how/can_07/tomato_marmalade.html</a>
Peach-Orange Marmalade without added pectin	<a href="http://www.uga.edu/nchfp/how/can_07/peach_orange_marmalade.html">http://www.uga.edu/nchfp/how/can_07/peach_orange_marmalade.html</a>
Cranberry Marmalade with powdered pectin	<a href="http://www.uga.edu/nchfp/how/can_07/cranberry_marmalade_powder.html">http://www.uga.edu/nchfp/how/can_07/cranberry_marmalade_powder.html</a>
Citrus Marmalade without added pectin	<a href="http://www.uga.edu/nchfp/how/can_07/citrus_marmalade.html">http://www.uga.edu/nchfp/how/can_07/citrus_marmalade.html</a>
Apple Marmalade without added pectin	<a href="http://www.uga.edu/nchfp/how/can_07/apple_marmalade.html">http://www.uga.edu/nchfp/how/can_07/apple_marmalade.html</a>
Watermelon Rind Preserves	<a href="http://www.uga.edu/nchfp/how/can_07/watermelon_rind_preserves.html">http://www.uga.edu/nchfp/how/can_07/watermelon_rind_preserves.html</a>
Plum Preserves	<a href="http://www.uga.edu/nchfp/how/can_07/plum_preserves.html">http://www.uga.edu/nchfp/how/can_07/plum_preserves.html</a>
Pear Preserves	<a href="http://www.uga.edu/nchfp/how/can_07/pear_preserves.html">http://www.uga.edu/nchfp/how/can_07/pear_preserves.html</a>
Fig Preserves	<a href="http://www.uga.edu/nchfp/how/can_07/fig_preserves.html">http://www.uga.edu/nchfp/how/can_07/fig_preserves.html</a>
Plum Conserve	<a href="http://www.uga.edu/nchfp/how/can_07/plum_conserve.html">http://www.uga.edu/nchfp/how/can_07/plum_conserve.html</a>
Grape Conserve without added pectin	<a href="http://www.uga.edu/nchfp/how/can_07/grape_conserve.html">http://www.uga.edu/nchfp/how/can_07/grape_conserve.html</a>
Damson Plum-Orange Conserve with powdered pectin	<a href="http://www.uga.edu/nchfp/how/can_07/damson_plum_conserve_powder.html">http://www.uga.edu/nchfp/how/can_07/damson_plum_conserve_powder.html</a>
Cranberry Conserve	<a href="http://www.uga.edu/nchfp/how/can_07/cranberry_conserve.html">http://www.uga.edu/nchfp/how/can_07/cranberry_conserve.html</a>
Apricot-Orange Conserve without added pectin	<a href="http://www.uga.edu/nchfp/how/can_07/apricot_orange_conserve.html">http://www.uga.edu/nchfp/how/can_07/apricot_orange_conserve.html</a>
Apple Conserve with powdered pectin	<a href="http://www.uga.edu/nchfp/how/can_07/apple_conserve_powder.html">http://www.uga.edu/nchfp/how/can_07/apple_conserve_powder.html</a>
Strawberry-Rhubarb Jelly with liquid pectin	<a href="http://www.uga.edu/nchfp/how/can_07/strawberry_rhubarb_jelly.html">http://www.uga.edu/nchfp/how/can_07/strawberry_rhubarb_jelly.html</a>
Strawberry Jelly with powdered pectin	<a href="http://www.uga.edu/nchfp/how/can_07/strawberry_jelly_powder.html">http://www.uga.edu/nchfp/how/can_07/strawberry_jelly_powder.html</a>
Strawberry Jelly with liquid pectin	<a href="http://www.uga.edu/nchfp/how/can_07/strawberry_jelly_liquid.html">http://www.uga.edu/nchfp/how/can_07/strawberry_jelly_liquid.html</a>
Muscadine or Scuppernong Jelly without added pectin	<a href="http://www.uga.edu/nchfp/how/can_07/muscadine_scuppernong.html">http://www.uga.edu/nchfp/how/can_07/muscadine_scuppernong.html</a>
Quince Jelly without added pectin	<a href="http://www.uga.edu/nchfp/how/can_07/quince_jelly.html">http://www.uga.edu/nchfp/how/can_07/quince_jelly.html</a>
Spiced Orange Jelly with powdered pectin	<a href="http://www.uga.edu/nchfp/how/can_07/orange_jelly_spiced.html">http://www.uga.edu/nchfp/how/can_07/orange_jelly_spiced.html</a>
Orange Jelly from Frozen Concentrated Juice with powdered pectin	<a href="http://www.uga.edu/nchfp/how/can_07/orange_jelly.html">http://www.uga.edu/nchfp/how/can_07/orange_jelly.html</a>
Orange Jelly made from Frozen Concentrated Juice with liquid pectin	<a href="http://www.uga.edu/nchfp/how/can_07/orange_jelly_frozen.html">http://www.uga.edu/nchfp/how/can_07/orange_jelly_frozen.html</a>
Mulberry Jelly with powdered pectin	<a href="http://www.uga.edu/nchfp/how/can_07/mulberry_jelly_powdered_pectin.html">http://www.uga.edu/nchfp/how/can_07/mulberry_jelly_powdered_pectin.html</a>
Mulberry Jelly with liquid pectin	<a href="http://www.uga.edu/nchfp/how/can_07/mulberry_jelly_liquid_pectin.html">http://www.uga.edu/nchfp/how/can_07/mulberry_jelly_liquid_pectin.html</a>
Strawberry Preserves	<a href="http://www.uga.edu/nchfp/how/can_07/strawberry_preserves.html">http://www.uga.edu/nchfp/how/can_07/strawberry_preserves.html</a>

## **Food Preservation Pickles and Relishes**

Making Pickles	<a href="http://www.ext.colostate.edu/pubs/foodnut/09304.html">http://www.ext.colostate.edu/pubs/foodnut/09304.html</a>
Quick Process Pickles	<a href="http://ohioline.osu.edu/hyg-fact/5000/pdf/5345.pdf">http://ohioline.osu.edu/hyg-fact/5000/pdf/5345.pdf</a>
Making Fermented Dill Pickles	<a href="http://ohioline.osu.edu/hyg-fact/5000/pdf/5342.pdf">http://ohioline.osu.edu/hyg-fact/5000/pdf/5342.pdf</a>
Preparing and Canning Fermented and Pickled Foods at Home	<a href="http://aces.nmsu.edu/pubs/_e/e-318.pdf">http://aces.nmsu.edu/pubs/_e/e-318.pdf</a>

## **Food Preservation Pickles and Relishes - cont'd**

- Canning Pickles and Sauerkraut <http://msuextension.org/publications/HomeHealthandFamily/MT199607HR.pdf>
- Making Pickled Products <http://www.ag.ndsu.edu/pubs/yf/foods/fn189.pdf>
- Making Pickled Peppers at Home <http://www.ext.colostate.edu/PUBS/FOODNUT/09314.html>
- Pickled Bread - And - Butter Zucchini [http://www.uga.edu/nchfp/how/can\\_06/bread\\_butter\\_zucchini.html](http://www.uga.edu/nchfp/how/can_06/bread_butter_zucchini.html)
- No-Sugar Added Sweet Cucumber Pickle Slices [http://www.uga.edu/nchfp/publications/nchfp/factsheets/splenda\\_sweet\\_pickle\\_slices.pdf](http://www.uga.edu/nchfp/publications/nchfp/factsheets/splenda_sweet_pickle_slices.pdf)
- Marinated Whole Mushrooms [http://www.uga.edu/nchfp/how/can\\_06/marinated\\_mushrooms.html](http://www.uga.edu/nchfp/how/can_06/marinated_mushrooms.html)
- Pickled Asparagus [http://www.uga.edu/nchfp/how/can\\_06/pickled\\_asparagus.html](http://www.uga.edu/nchfp/how/can_06/pickled_asparagus.html)
- Marinated Peppers [http://www.uga.edu/nchfp/how/can\\_06/marinated\\_peppers.html](http://www.uga.edu/nchfp/how/can_06/marinated_peppers.html)
- Kosher Style Dill Green Tomato Pickles [http://www.uga.edu/nchfp/how/can\\_06/kosher\\_green\\_tomato.html](http://www.uga.edu/nchfp/how/can_06/kosher_green_tomato.html)
- Pickled Dilled Beans [http://www.uga.edu/nchfp/how/can\\_06/dilled\\_beans.html](http://www.uga.edu/nchfp/how/can_06/dilled_beans.html)
- Bread and Butter Pickled Jicama [http://www.uga.edu/nchfp/how/can\\_06/bread\\_butter\\_jicama.html](http://www.uga.edu/nchfp/how/can_06/bread_butter_jicama.html)
- Artichoke Pickles [http://www.uga.edu/nchfp/how/can\\_06/artichoke\\_pickles.html](http://www.uga.edu/nchfp/how/can_06/artichoke_pickles.html)
- Pickled Baby Carrots [http://www.uga.edu/nchfp/how/can\\_06/pickled\\_baby\\_carrots.html](http://www.uga.edu/nchfp/how/can_06/pickled_baby_carrots.html)
- Pickled Beets [http://www.uga.edu/nchfp/how/can\\_06/pickled\\_beets.html](http://www.uga.edu/nchfp/how/can_06/pickled_beets.html)
- Pickled Bell Peppers [http://www.uga.edu/nchfp/how/can\\_06/pickled\\_bell\\_peppers.html](http://www.uga.edu/nchfp/how/can_06/pickled_bell_peppers.html)
- Pickled Carrots [http://www.uga.edu/nchfp/how/can\\_06/pickled\\_carrots.html](http://www.uga.edu/nchfp/how/can_06/pickled_carrots.html)
- Pickled Cauliflower or Brussel Sprouts [http://www.uga.edu/nchfp/how/can\\_06/pickled\\_cauliflower\\_brussel.html](http://www.uga.edu/nchfp/how/can_06/pickled_cauliflower_brussel.html)
- Pickled Dilled Okra [http://www.uga.edu/nchfp/how/can\\_06/pickled\\_dill\\_okra.html](http://www.uga.edu/nchfp/how/can_06/pickled_dill_okra.html)
- Pickled Hot Peppers [http://www.uga.edu/nchfp/how/can\\_06/pickled\\_hot\\_peppers.html](http://www.uga.edu/nchfp/how/can_06/pickled_hot_peppers.html)
- Pickled Jalapeno Rings [http://www.uga.edu/nchfp/how/can\\_06/pickled\\_jalapeno\\_rings.html](http://www.uga.edu/nchfp/how/can_06/pickled_jalapeno_rings.html)
- Pickled Mixed Vegetables [http://www.uga.edu/nchfp/how/can\\_06/pickled\\_mixed\\_veg.html](http://www.uga.edu/nchfp/how/can_06/pickled_mixed_veg.html)
- Pickled Pearl Onions [http://www.uga.edu/nchfp/how/can\\_06/pickled\\_pearl\\_onions.html](http://www.uga.edu/nchfp/how/can_06/pickled_pearl_onions.html)
- No Sugar Added Cantaloupe Pickles [http://www.uga.edu/nchfp/how/can\\_06/no-sugar\\_add\\_cantaloupe.html](http://www.uga.edu/nchfp/how/can_06/no-sugar_add_cantaloupe.html)
- No Sugar Added Pickled Beets [http://www.uga.edu/nchfp/how/can\\_06/splenda\\_pickled\\_beets.html](http://www.uga.edu/nchfp/how/can_06/splenda_pickled_beets.html)
- No Sugar Added Sweet Cucumber Slices [http://www.uga.edu/nchfp/how/can\\_06/splenda\\_sweet\\_pickleslices.html](http://www.uga.edu/nchfp/how/can_06/splenda_sweet_pickleslices.html)
- Pickled Bell Peppers [http://www.uga.edu/nchfp/how/can\\_06/pickled\\_bell\\_peppers.html](http://www.uga.edu/nchfp/how/can_06/pickled_bell_peppers.html)
- Pickled Horseradish Sauce [http://www.uga.edu/nchfp/how/can\\_06/pickled\\_horseradish.html](http://www.uga.edu/nchfp/how/can_06/pickled_horseradish.html)
- Pickled Sweet Green Tomatoes [http://www.uga.edu/nchfp/how/can\\_06/sweet\\_green\\_tomato.html](http://www.uga.edu/nchfp/how/can_06/sweet_green_tomato.html)
- Pickled Yellow Pepper Rings [http://www.uga.edu/nchfp/how/can\\_06/yellow\\_pepper\\_rings.html](http://www.uga.edu/nchfp/how/can_06/yellow_pepper_rings.html)
- Spiced Green Tomatoes [http://www.uga.edu/nchfp/how/can\\_06/spiced\\_green\\_tomatoes.html](http://www.uga.edu/nchfp/how/can_06/spiced_green_tomatoes.html)
- Mango Chutney [http://www.uga.edu/nchfp/how/can\\_06/mango\\_chutney.html](http://www.uga.edu/nchfp/how/can_06/mango_chutney.html)
- Cantaloupe Pickles [http://www.uga.edu/nchfp/how/can\\_06/cantaloupe.html](http://www.uga.edu/nchfp/how/can_06/cantaloupe.html)
- Tangy Tomatillo Relish [http://www.uga.edu/nchfp/how/can\\_06/tomatillo\\_relish.html](http://www.uga.edu/nchfp/how/can_06/tomatillo_relish.html)
- Chayote and Pear Relish [http://www.uga.edu/nchfp/publications/nchfp/factsheets/chayote\\_pear\\_relish.pdf](http://www.uga.edu/nchfp/publications/nchfp/factsheets/chayote_pear_relish.pdf)
- Spicy Jicama Relish [http://www.uga.edu/nchfp/how/can\\_06/jicama\\_relish.html](http://www.uga.edu/nchfp/how/can_06/jicama_relish.html)

## **Food Preservation Pickles and Relishes - cont'd**

Cranberry Orange Chutney <http://www.uga.edu/nchfp/publications/nchfp/factsheets/cranberryorangechutney.pdf>

Chayote and Jicama Slaw [http://www.uga.edu/nchfp/publications/nchfp/factsheets/chayote\\_jicama\\_slaw.pdf](http://www.uga.edu/nchfp/publications/nchfp/factsheets/chayote_jicama_slaw.pdf)

### **Food Safety**

- HACCP Hazard Analysis Critical Control Points <http://cals.arizona.edu/pubs/health/az1070.pdf>
- Cutting Boards <http://cals.arizona.edu/pubs/health/az1076.pdf>
- Time and Temperature Make A difference <http://cals.arizona.edu/pubs/health/az1086.pdf>
- Unpasteurized Cider and Juice <http://cals.arizona.edu/pubs/health/az1087.pdf>
- Ham Safety and Storage <http://cals.arizona.edu/pubs/health/az1089.pdf>
- Cookware Safety <http://www.clemson.edu/extension/hgic/food/pdf/hgic3864.pdf>
- Leftovers <http://www.clemson.edu/extension/hgic/food/pdf/hgic3606.pdf>
- Biotechnology and Food <http://ag.arizona.edu/pubs/health/az1066.pdf>
- Smoking Meat and Poultry [http://www.fsis.usda.gov/PDF/Smoking\\_Meat\\_and\\_Poultry.pdf](http://www.fsis.usda.gov/PDF/Smoking_Meat_and_Poultry.pdf)
- Food Additives – Are They Safe <http://ag.arizona.edu/pubs/health/foodsafety/az1082.html>
- Chemicals and Foods <http://www.clemson.edu/extension/hgic/food/pdf/hgic3860.pdf>
- Guidelines for Volunteer Group Social Functions <http://www.ksre.ksu.edu/library/fntr2/mf1078.pdf>
- Occasional Cooking for a Crowd <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.101.PDF>
- Handling of Cheese for Safety and Quality <http://www.clemson.edu/extension/hgic/food/pdf/hgic3506.pdf>
- Botulism a Deadly Food Poisoning <http://www.uaf.edu/files/ces/publications-db/catalog/anr/FNH-00268.pdf>
- Preventing E Coli from Garden to Plate <http://www.ext.colostate.edu/pubs/foodnut/09369.html>
- Food Hotlines: Contact Information <http://sarasota.extension.ufl.edu/FCS/FoodHotlines.pdf>
- Homemade Food Gifts –What’s Safe? <http://www.extension.umn.edu/distribution/nutrition/00032.html>
- Infant Botulism and Honey <http://edis.ifas.ufl.edu/pdf/AA/AA14200.pdf>
- Irradiation of Food <http://cals.arizona.edu/pubs/health/az1060.pdf>
- Mailing Perishable Food <http://www.clemson.edu/extension/hgic/food/pdf/hgic3605.pdf>
- Cooking, Not Reheating with the Microwave <http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-21a.pdf>
- Germ Defense Pyramid <http://www.ext.nodak.edu/food/germdpyramid.pdf>
- The Latest in Kitchen Sanitation Issues <http://cals.arizona.edu/pubs/health/az9714.pdf>
- Fight Bac! 4 Simple Steps to Food Safety <http://www.utextension.utk.edu/publications/spfiles/SP603.pdf>
- Safe Handling of Fresh Parsley [http://www.foodsafety.wisc.edu/assets/pdf\\_Files/safe\\_handling\\_parsley.pdf](http://www.foodsafety.wisc.edu/assets/pdf_Files/safe_handling_parsley.pdf)
- Storing Fresh Fruit and Vegetables <http://www.ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=529>
- Safe Storage of Fresh Fruits and Vegetables [https://agriflifebookstore.org/publications\\_details.cfm?whichpublication=1902&orderby=pubnumber&simplesearch=storage of fresh fruits&criteriastring=simplesearch%3Dstorage%20of%20fresh%20fruits](https://agriflifebookstore.org/publications_details.cfm?whichpublication=1902&orderby=pubnumber&simplesearch=storage%20of%20fresh%20fruits&criteriastring=simplesearch%3Dstorage%20of%20fresh%20fruits)

## **Food Safety - continued**

Almacenamiento seguro de frutas y verduras frescas	<a href="https://agrillifebookstore.org/publications_details.cfm?whichpublication=1988&amp;orderby=pubnumber&amp;simplesearch=e-200s&amp;criteriastring=simplesearch%3De%2D200s">https://agrillifebookstore.org/publications_details.cfm?whichpublication=1988&amp;orderby=pubnumber&amp;simplesearch=e-200s&amp;criteriastring=simplesearch%3De%2D200s</a>
Safe Handling of Fruits and Vegetables	<a href="http://anrcatalog.ucdavis.edu/pdf/8121.pdf">http://anrcatalog.ucdavis.edu/pdf/8121.pdf</a>
Food Safety for Travelers Abroad	<a href="http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.155.PDF">http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.155.PDF</a>
Safe Food to Go	<a href="http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.105.PDF">http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.105.PDF</a>
Food Safety Know-How	<a href="http://ag.arizona.edu/pubs/health/az9716.pdf">http://ag.arizona.edu/pubs/health/az9716.pdf</a>
A Clean and Safe Kitchen-Staying Healthy	<a href="http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-24a.pdf">http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-24a.pdf</a>
At-Home Safe Food Handling: It's in Your Hands	<a href="http://www.ksre.ksu.edu/library/fntr2/mf2465.pdf">http://www.ksre.ksu.edu/library/fntr2/mf2465.pdf</a>
Food Safety for the Elderly	<a href="http://www.clemson.edu/extension/hgic/food/pdf/hgic3642.pdf">http://www.clemson.edu/extension/hgic/food/pdf/hgic3642.pdf</a>
Organic Labeling and Marketing Information	<a href="http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELDEV3004446&amp;act=nopgeninfo">http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELDEV3004446&amp;act=nopgeninfo</a>
If Your Freezer Stops	<a href="http://www.ext.colostate.edu/pubs/foodnut/09357.pdf">http://www.ext.colostate.edu/pubs/foodnut/09357.pdf</a>
Food Safety in Freezer Failure	<a href="http://www.clemson.edu/extension/hgic/food/pdf/hgic3780.pdf">http://www.clemson.edu/extension/hgic/food/pdf/hgic3780.pdf</a>
Safe Cooking of Poultry	<a href="http://ag.arizona.edu/pubs/health/foodsafety/az1071.html">http://ag.arizona.edu/pubs/health/foodsafety/az1071.html</a>
Food Preservation – Canned Food Safety	<a href="http://www.extension.umn.edu/distribution/nutrition/00046.html">http://www.extension.umn.edu/distribution/nutrition/00046.html</a>
Safety of Stored Foods	<a href="http://www.clemson.edu/extension/hgic/food/pdf/hgic3520.pdf">http://www.clemson.edu/extension/hgic/food/pdf/hgic3520.pdf</a>
Food Product Dating and Storage Times	<a href="http://ag.arizona.edu/pubs/health/az1068.pdf">http://ag.arizona.edu/pubs/health/az1068.pdf</a>
Package Dating of Goods	<a href="http://cals.arizona.edu/pubs/health/az1088.pdf">http://cals.arizona.edu/pubs/health/az1088.pdf</a>
Nine Food Safety Strategies	<a href="http://ag.arizona.edu/pubs/health/az9717.pdf">http://ag.arizona.edu/pubs/health/az9717.pdf</a>
Cooking Meat Safely	<a href="http://www.clemson.edu/extension/hgic/food/pdf/hgic3580.pdf">http://www.clemson.edu/extension/hgic/food/pdf/hgic3580.pdf</a>
Handling Leftovers Safely	<a href="http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-120.pdf">http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-120.pdf</a>
Food Safety for the Chronically Ill	<a href="http://www.clemson.edu/extension/hgic/food/pdf/hgic3643.pdf">http://www.clemson.edu/extension/hgic/food/pdf/hgic3643.pdf</a>
Food Safety at the Grocery Store	<a href="http://www.unce.unr.edu/publications/files/hn/2004/fs0430.pdf">http://www.unce.unr.edu/publications/files/hn/2004/fs0430.pdf</a>
Food Safety for Community Suppers	<a href="http://www.clemson.edu/extension/hgic/food/pdf/hgic3544.pdf">http://www.clemson.edu/extension/hgic/food/pdf/hgic3544.pdf</a>
Healthy Eating on the Go	<a href="http://www.extension.umn.edu/family/W00026.pdf">http://www.extension.umn.edu/family/W00026.pdf</a>
Transporting Food Safely	<a href="http://www.unce.unr.edu/publications/files/hn/2004/fs0405.pdf">http://www.unce.unr.edu/publications/files/hn/2004/fs0405.pdf</a>
Keeping Foods Cold for Picnics, Grilling, and Camping	<a href="http://ag.arizona.edu/pubs/health/az9718.pdf">http://ag.arizona.edu/pubs/health/az9718.pdf</a>
Food Safety Associated with Cook-Out and Picnics	<a href="http://cals.arizona.edu/pubs/health/az9713.pdf">http://cals.arizona.edu/pubs/health/az9713.pdf</a>
Barbecue and Food Safety	<a href="http://www.fsis.usda.gov/PDF/Barbecue_Food_Safety.pdf">http://www.fsis.usda.gov/PDF/Barbecue_Food_Safety.pdf</a>
Tailgating Tips	<a href="http://pubs.cas.psu.edu/FreePubs/pdfs/UK135.pdf">http://pubs.cas.psu.edu/FreePubs/pdfs/UK135.pdf</a>
Guidelines for Food Safety During Short-Term Power Outages	<a href="http://anrcatalog.ucdavis.edu/pdf/7264.pdf">http://anrcatalog.ucdavis.edu/pdf/7264.pdf</a>
Food Safety After a Fire	<a href="http://www.clemson.edu/extension/hgic/food/pdf/hgic3840.pdf">http://www.clemson.edu/extension/hgic/food/pdf/hgic3840.pdf</a>
A Consumer's Guide to Food Safety: Severe Thunderstorms and Hurricanes	<a href="http://www.fsis.usda.gov/Fact_Sheets/Severe_Storms_and_Hurricanes_Guide/index.asp">http://www.fsis.usda.gov/Fact_Sheets/Severe_Storms_and_Hurricanes_Guide/index.asp</a>
Basics for Handling Food Safely	<a href="http://www.fsis.usda.gov/PDF/Basics_for_Safe_Food_Handling.pdf">http://www.fsis.usda.gov/PDF/Basics_for_Safe_Food_Handling.pdf</a>
Basics for Handling Food Safely Spanish	<a href="http://www.fsis.usda.gov/PDF/Spanish%20Basics_for_Safe_Food_Handling.pdf">http://www.fsis.usda.gov/PDF/Spanish%20Basics_for_Safe_Food_Handling.pdf</a>

## **Food Safety - continued**

- Egg Products and Food Safety [http://www.fsis.usda.gov/PDF/Egg\\_Products\\_and\\_Food\\_Safety.pdf](http://www.fsis.usda.gov/PDF/Egg_Products_and_Food_Safety.pdf)
- Egg Products and Food Safety, Spanish [http://www.fsis.usda.gov/PDF/Egg\\_Products\\_and\\_Food\\_Safety\\_SP.pdf](http://www.fsis.usda.gov/PDF/Egg_Products_and_Food_Safety_SP.pdf)
- Pesticides versus Organically Grown Food <http://ag.arizona.edu/pubs/health/foodsafety/az1079.html>
- Smoking Meat and Poultry [http://www.fsis.usda.gov/PDF/Smoking\\_Meat\\_and\\_Poultry.pdf](http://www.fsis.usda.gov/PDF/Smoking_Meat_and_Poultry.pdf)
- Safe Handling Take Out Foods [http://www.fsis.usda.gov/PDF/Safe\\_Handling\\_Take-Out\\_Foods.pdf](http://www.fsis.usda.gov/PDF/Safe_Handling_Take-Out_Foods.pdf)
- Vacuum Sealing Food at Home Safely <http://www.extension.umn.edu/distribution/nutrition/00051.html>
- Safe Handling of Fresh Parsley [http://www.wellnessproposals.com/nutrition/safe\\_handling\\_fruits\\_and\\_vegetables/safe\\_handling\\_of\\_fresh\\_parsley.pdf](http://www.wellnessproposals.com/nutrition/safe_handling_fruits_and_vegetables/safe_handling_of_fresh_parsley.pdf)
- Safe Handling of Fresh Tomatoes [http://repository.tamu.edu/bitstream/handle/1969.1/87214/pdf\\_1906.pdf?sequence=1](http://repository.tamu.edu/bitstream/handle/1969.1/87214/pdf_1906.pdf?sequence=1)
- Sprouts: Safe Handling Practices for Consumers <http://edis.ifas.ufl.edu/pdffiles/FY/FY48900.pdf>
- Underground Vegetables: Safe Handling Practices for Consumers <http://edis.ifas.ufl.edu/pdffiles/FY/FY49000.pdf>
- How to submit a commercial food product for process review <http://farmersmarketsnm.org/images/category/170-E-325.pdf>
- Food Safety for Older Adults [http://www.fsis.usda.gov/PDF/Food\\_Safety\\_for\\_Older\\_Adults.pdf](http://www.fsis.usda.gov/PDF/Food_Safety_for_Older_Adults.pdf)
- Infant Botulism and Honey <http://edis.ifas.ufl.edu/pdffiles/AA/AA14200.pdf>
- Mushroom Guide for Harvesting Morels <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00021.pdf>
- Food Safety Associated with Cook-outs and Picnics <http://ag.arizona.edu/pubs/health/az9713.pdf>
- Safe Cooking of Poultry <http://ag.arizona.edu/pubs/health/foodsafety/az1071.html>
- Keeping Foods Cold for Picnics, Grilling, and Camping <http://ag.arizona.edu/pubs/health/az9718.pdf>
- Edible Flowers <http://www.ext.colostate.edu/pubs/garden/07237.pdf>
- Key Points of Control and Management for Microbial Food Safety: <http://anrcatalog.ucdavis.edu/pdf/8101.pdf>
- Edible Landscape Plants and Home Garden Produce
- How long Can I Store Frozen Foods [http://www.uga.edu/nchfp/how/freeze/freezer\\_shelf\\_life.html](http://www.uga.edu/nchfp/how/freeze/freezer_shelf_life.html)
- Food Preservation, Safety, and Shelf Life Extension <http://www.ianrpubs.unl.edu/epublic/live/g1816/build/g1816.pdf>
- Greening of Potatoes <http://www.uaf.edu/files/ces/publications-db/catalog/anr/FGV-00337.pdf>
- Preserving Beverages: Water, Juice, and Milk <http://ohioline.osu.edu/hyg-fact/5000/pdf/5354.pdf>
- Keeping Food Safe When Power Goes Out! <http://pubs.cas.psu.edu/FreePubs/pdfs/uk065.pdf>
- Outdoor Eating: Enjoying Nature the No-Waste Way <http://cals.arizona.edu/pubs/health/az1541.pdf>
- Cutting Boards and Food Safety [http://www.fsis.usda.gov/PDF/cutting\\_boards\\_and\\_food\\_safety.pdf](http://www.fsis.usda.gov/PDF/cutting_boards_and_food_safety.pdf)
- Cutting Boards for Food <http://www.extension.umn.edu/distribution/nutrition/00052.html>
- Cutting Boards and Germs <http://www.extension.umn.edu/distribution/nutrition/00048.html>
- Washing Fruits and Vegetables - Why and How <http://www.extension.umn.edu/distribution/nutrition/00050.html>
- Got a Grill? Get a Thermometer! <http://www.extension.umn.edu/distribution/nutrition/M1294.html>
- Preventing Illness From Listeria <http://www.extension.umn.edu/distribution/nutrition/00023.html>
- What are Energy Drinks All About? <http://www.extension.umn.edu/distribution/familydevelopment/00077.pdf>
- Pressure Canning Hydrated Wheat [http://extension.usu.edu/files/publications/newsletter/No\\_001\\_.pdf](http://extension.usu.edu/files/publications/newsletter/No_001_.pdf)
- U. S. U. Steam Canning - position statement [http://extension.usu.edu/files/publications/newsletter/No\\_002.pdf](http://extension.usu.edu/files/publications/newsletter/No_002.pdf)
- Refrigeration and Food Safety [http://www.fsis.usda.gov/factsheets/refrigeration\\_%26\\_food\\_safety/](http://www.fsis.usda.gov/factsheets/refrigeration_%26_food_safety/)

## **Food Safety - continued**

Shelf-stable, Canned & Packaged Foods [http://www.sbcounty.gov/ehlus/Depts/EnvironmentalHealth/FormsPublications/documents/510020\\_shelf\\_stable\\_foods.pdf](http://www.sbcounty.gov/ehlus/Depts/EnvironmentalHealth/FormsPublications/documents/510020_shelf_stable_foods.pdf)

Is it done yet? <https://utextension.tennessee.edu/publications/Documents/SP712.pdf>

Handling Eggs and Poultry Safely at Home <https://utextension.tennessee.edu/publications/Documents/SP401A.pdf>

## **Food Safety Canning**

Food Preservation: Selection, Use and Care of Canning Equipment <http://msucares.com/pubs/infosheets/is0845.pdf>

Using Boiling Water Canners <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-37-2.pdf>

Using Pressure Canners <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-37-3.pdf>

Visual Inspection of Can Seams in Home Food Preservation <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00023.pdf>

Purchasing and Using ClearJel <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-116.pdf>

Adding Acid to Tomatoes <http://www.extension.umn.edu/distribution/nutrition/00036.html>

Selecting, Preparing and Canning Meat –Chicken or Rabbit [http://www.uga.edu/nchfp/how/can\\_05/chicken\\_rabbit.html](http://www.uga.edu/nchfp/how/can_05/chicken_rabbit.html)

Selecting, Preparing and Canning Meat -- Strips, Cubes or Chunk of [http://www.uga.edu/nchfp/how/can\\_05/strips\\_cubes\\_chunks.html](http://www.uga.edu/nchfp/how/can_05/strips_cubes_chunks.html)

Meats

Selecting, Preparing and Canning Meat – King and Dungeness Crab [http://www.uga.edu/nchfp/how/can\\_05/crab.html](http://www.uga.edu/nchfp/how/can_05/crab.html)

Meat

Selecting, Preparing and Canning Meat – Festive Mincemeat Pie Filling [http://www.uga.edu/nchfp/how/can\\_05/mincemeat\\_filling.html](http://www.uga.edu/nchfp/how/can_05/mincemeat_filling.html)

Selecting, Preparing and Canning Meat – Meat Stock (Broth) [http://www.uga.edu/nchfp/how/can\\_05/stock\\_broth.html](http://www.uga.edu/nchfp/how/can_05/stock_broth.html)

Selecting, Preparing and Canning Meat – Fish [http://www.uga.edu/nchfp/how/can\\_05/fish.html](http://www.uga.edu/nchfp/how/can_05/fish.html)

Selecting, Preparing and Canning Meat – Smoked Fish [http://www.uga.edu/nchfp/how/can\\_05/smoked\\_fish.html](http://www.uga.edu/nchfp/how/can_05/smoked_fish.html)

Selecting, Preparing and Canning Meat – Oysters [http://www.uga.edu/nchfp/how/can\\_05/oysters.html](http://www.uga.edu/nchfp/how/can_05/oysters.html)

Selecting, Preparing and Canning Meat – Tuna [http://www.uga.edu/nchfp/how/can\\_05/tuna.html](http://www.uga.edu/nchfp/how/can_05/tuna.html)

Selecting, Preparing and Canning Meat – Chili Con Carne [http://www.uga.edu/nchfp/how/can\\_05/chili\\_con\\_carne.html](http://www.uga.edu/nchfp/how/can_05/chili_con_carne.html)

Selecting, Preparing and Canning Meat – Ground or Chopped Meat [http://www.uga.edu/nchfp/how/can\\_05/ground\\_chopped.html](http://www.uga.edu/nchfp/how/can_05/ground_chopped.html)

Safe Methods of Canning Vegetables <http://postharvest.ucdavis.edu/datastorefiles/234-568.pdf>

Preserving Food Sensational Salsas <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-43-16.pdf>

Conservar los Alimentos Salsas Sensacionales <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-43-16-SP.pdf>

Canning Fish in Quart Jars <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00126.pdf>

Canning Fish in Cans <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00125.pdf>

Home Canning Smoked Fish and Home Smoking Fish for Canning <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00223.pdf>

Canning the Catch <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00128.pdf>

Canning Smoked Fish in Cans <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00129.pdf>

Canning Pickles and Sauerkraut <http://msuextension.org/publications/HomeHealthandFamily/MT200902HR.pdf>

## **Food Safety Canning - continued**

Canning Salsa in a Boiling Water Canner [http://extension.usu.edu/files/publications/publication/FN\\_FoodPreservation\\_2008-01.pdf](http://extension.usu.edu/files/publications/publication/FN_FoodPreservation_2008-01.pdf)

## **Food Safety Eggs**

Egg Basics for the Consumer: Packaging, Storage, and Nutrition Information <http://anrcatalog.ucdavis.edu/pdf/8154.pdf>

Egg and Egg Product Safety and Quality <http://cals.arizona.edu/pubs/health/az9715.pdf>

Egg Nog, Making it Safe <http://www.extension.umn.edu/distribution/nutrition/00055.html>

Homemade Ice Cream – Safe and Nutritious <http://www.extension.umn.edu/distribution/nutrition/00010.html>

Tips to Reduce Your Risk of Salmonella from Eggs <http://www.cdc.gov/Features/SalmonellaEggs/>

American Egg Board <http://www.aeb.org/index.php?view=article&catid=2:uncategorised&id=1:welcome-to-the-american-egg-board&tmpl=component&print=1&layout=default&page=>

## **Food Safety Fish and Seafood**

Safe Handling of Fish <http://www.extension.umn.edu/distribution/nutrition/00030.html>

Storing and Mailing Vacuum Packaged Fish <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00221.pdf>

Mercury in your Health <http://www.ca.uky.edu/enri/mercury/mercury%20pub.pdf>

Is it Okay to Eat Fish? <http://www.fcs.uga.edu/pubs/PDF/FDNS-E-89-46.pdf>

What contaminants are in Minnesota Fish? <http://www1.extension.umn.edu/food-safety/preserving/meat-fish/contaminants-in-minnesota-fish/>

Smoking Fish at Home <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00325.pdf>

## **Food Safety Freezing**

Freezing Basics <http://ohioline.osu.edu/hyg-fact/5000/pdf/5341.pdf>

Food Freezing Basics: Packaging, Loading the Freezer and Refreezing <http://www.ag.ndsu.edu/pubs/yf/foods/fnw614.pdf>

Food Freezing Basics: Methods of Wrapping <http://www.ag.ndsu.edu/pubs/yf/foods/fnw613.pdf>

Food Freezing Basics: Freezing Dairy Products, Eggs, and Other Foods <http://www.ag.ndsu.edu/pubs/yf/foods/fnw616.pdf>

Freezing Fruits <http://www.ext.colostate.edu/pubs/foodnut/09331.html>

Food Freezing Basics: Freezing Poultry and Fish <http://www.ag.ndsu.edu/pubs/yf/foods/fnw615.pdf>

Freezing Vegetables <http://www.ext.colostate.edu/pubs/foodnut/09330.html>

Freezing Combination Main Dishes <http://ohioline.osu.edu/hyg-fact/5000/pdf/5308.pdf>

Refreezing Food <http://www.extension.umn.edu/distribution/nutrition/00041.html>

What to do if the Freezer Stops [http://www.uga.edu/nchfp/publications/uga/uga\\_freezer\\_stops.pdf](http://www.uga.edu/nchfp/publications/uga/uga_freezer_stops.pdf)

## **Food Safety Freezing - continued**

Thawing and Preparing Foods for Serving <http://www.uga.edu/nchfp/how/freeze/thawing.html>  
Freezer Management <http://www.uga.edu/nchfp/how/freeze/management.html>

## **Food Safety Fruit**

Fruits and Vegetables: Food Safety <http://www.ca.uky.edu/hes/fcs/FACTSHTS/FN-JSK-159.pdf>  
Making Apple Cider <http://www.fcs.uga.edu/pubs/PDF/FDNS-E-91.pdf>

## **Food Safety Fruit - continued**

Apricots <http://extension.usu.edu/files/publications/publication/FN-2004-Harvest-02.pdf>

Cantaloupe: Safe Methods to Store, Preserve and Enjoy <http://anrcatalog.ucdavis.edu/pdf/8095.pdf>

## **Food Safety Meat**

Is U.S. Beef Safe for Consumers to Eat? <http://ohioline.osu.edu/ms-fact/pdf/0001.pdf>  
Assessment of Doneness in Cooked Ground Beef <http://cals.arizona.edu/pubs/health/az1439.pdf>  
Safe Handling of Lamb <http://www.clemson.edu/extension/hgic/food/pdf/hgic3509.pdf>  
Safe Handling of Pork <http://www.clemson.edu/extension/hgic/food/pdf/hgic3511.pdf>  
Safe Handling of Veal <http://www.clemson.edu/extension/hgic/food/pdf/hgic3514.pdf>  
Safe Handling of Wild Game Birds <http://www.clemson.edu/extension/hgic/food/pdf/hgic3515.pdf>  
Safe Handling of Wild Game Meats <http://www.clemson.edu/extension/hgic/food/pdf/hgic3516.pdf>  
Wild Game: From Field to Table <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.044.PDF>  
Smoking Meat and Poultry [http://www.fsis.usda.gov/PDF/Smoking\\_Meat\\_and\\_Poultry.pdf](http://www.fsis.usda.gov/PDF/Smoking_Meat_and_Poultry.pdf)  
Smoking Poultry Meat <http://www.ext.colostate.edu/pubs/foodnut/09325.pdf>  
The Beef Industry's Information Center <http://www.beef.org/>  
Texas Beef Council <http://www.txbeef.org/>

## **Food Safety Pickles**

Making Pickles <http://www.ext.colostate.edu/pubs/foodnut/09304.html>  
Quick Process Pickles <http://ohioline.osu.edu/hyg-fact/5000/pdf/5345.pdf>  
Making Fermented Dill Pickles <http://ohioline.osu.edu/hyg-fact/5000/pdf/5342.pdf>  
Canning Pickles and Sauerkraut <http://msuextension.org/publications/HomeHealthandFamily/MT200902HR.pdf>  
Making Pickled Peppers at Home <http://www.ext.colostate.edu/pubs/foodnut/09314.pdf>

## **Food Safety Refrigerator**

Refrigerator and Freezer Safety <http://www.wvu.edu/~exten/infores/pubs/fypubs/136.wl.pdf>  
Keeping it Clean: Cleaning your Refrigerator <http://edis.ifas.ufl.edu/pdffiles/FY/FY79300.pdf>

## **Food Safety Slow Cookers**

- Slow Cookers-How to Test for Accuracy <http://www.extension.umn.edu/distribution/nutrition/00011.html>  
Slow Cooker and Food Safety [http://www.fsis.usda.gov/Factsheets/Focus\\_On\\_Slow\\_Cooker\\_Safety/index.asp](http://www.fsis.usda.gov/Factsheets/Focus_On_Slow_Cooker_Safety/index.asp)  
Indoor Grill and Slow-Cookers <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-1107a.pdf>  
Slow Cooker and Food Safety [http://www.extension.umn.edu/foodsafety/components/pdfs/slow\\_cooker\\_food\\_safety\\_factsheet\\_feb2009.pdf](http://www.extension.umn.edu/foodsafety/components/pdfs/slow_cooker_food_safety_factsheet_feb2009.pdf)

## **Food Safety Storing Foods**

- Food Product Dating and Storage Times <http://cals.arizona.edu/pubs/health/az1068.pdf>  
Food Storage Guidelines for Consumers <http://www.ext.vt.edu/pubs/foods/348-960/348-960.pdf>  
Spotlight on Cupboard Storage <http://www.ces.purdue.edu/extmedia/CFS/CFS-423-W.pdf>  
Spotlight on Refrigerator Storage <http://www.ces.purdue.edu/extmedia/CFS/CFS-424-W.pdf>  
Spotlight on Freezer Storage <http://www.ces.purdue.edu/extmedia/CFS/CFS-422-W.pdf>  
Leftovers <http://www.clemson.edu/extension/hgic/food/pdf/hgic3606.pdf>  
Storing Food Safely <http://www.cahe.nmsu.edu/pubs/e/e-118.pdf>  
Basic Foods for Fridge, Freezer & Cupboard <http://www.fbd.org/nutrition/documents/BasicFoodsforCupboard.pdf>

## **Food Safety Thermometer**

- Temperature Rules! Cooking for Service <http://www.fsis.usda.gov/OA/thermy/foodservice/FoodServiceMagnet-ENG.pdf>  
IReglas de TemperaturaTemperature Rules! Cooking for Service <http://www.fsis.usda.gov/OA/thermy/foodservice/FoodServiceMagnet-SP.pdf>  
Effects of Temperature on Food <http://www.clemson.edu/extension/hgic/food/pdf/hgic3502.pdf>  
Use a Food thermometer [http://www.fsis.usda.gov/PDF/Use\\_a\\_Food\\_Thermometer.pdf](http://www.fsis.usda.gov/PDF/Use_a_Food_Thermometer.pdf)  
Food Safety Associated with Cook-Outs and Picnics <http://cals.arizona.edu/pubs/health/az9713.pdf>  
Thermometer Calibration Guide <http://www.ksre.ksu.edu/library/fntr2/mf2440.pdf>  
Temperaturas de coccion para carnes y huevos <http://www.ksre.ksu.edu/library/fntr2/tempchrt.pdf>

## **Food Safety Turkey**

- Deep Frying a Turkey [http://www.nebraskapoultry.org/turkey%20recipes/deep\\_fry.htm](http://www.nebraskapoultry.org/turkey%20recipes/deep_fry.htm)  
Additional Turkey Cooking Methods <http://cals.arizona.edu/pubs/health/az1091.pdf>  
Lets Talk Turkey [http://www.fsis.usda.gov/PDF/Lets\\_Talk\\_Turkey.pdf](http://www.fsis.usda.gov/PDF/Lets_Talk_Turkey.pdf)  
Turducken Requires Safe Food Handling [http://www.fsis.usda.gov/PDF/Turduckens\\_Require\\_Safe\\_Food\\_Handling.pdf](http://www.fsis.usda.gov/PDF/Turduckens_Require_Safe_Food_Handling.pdf)  
Turkey: Alternate Routes to the Table [http://www.fsis.usda.gov/PDF/Turkey\\_Alt\\_Routes.pdf](http://www.fsis.usda.gov/PDF/Turkey_Alt_Routes.pdf)  
Turkey Basics Handling Cooked Dinners [http://www.fsis.usda.gov/PDF/Turkey\\_Basics\\_Handling\\_Cooked\\_Dinners.pdf](http://www.fsis.usda.gov/PDF/Turkey_Basics_Handling_Cooked_Dinners.pdf)  
Turkey Basics Safe Thawing [http://www.fsis.usda.gov/PDF/Turkey\\_Basics\\_Safe\\_Thawing.pdf](http://www.fsis.usda.gov/PDF/Turkey_Basics_Safe_Thawing.pdf)  
Safe Cooking of Poultry <http://cals.arizona.edu/pubs/health/foodsafety/az1071.html>

## **Food Safety Turkey - continued**

Turkey Basics Stuffing [http://www.fsis.usda.gov/PDF/Turkey\\_Basics\\_Stuffing.pdf](http://www.fsis.usda.gov/PDF/Turkey_Basics_Stuffing.pdf)

### **Garmin Map Application**

Make My Map in Google: Overview <http://cals.arizona.edu/pubs/health/az1524a.pdf>

Make My Map in Google: Detailed <http://cals.arizona.edu/pubs/health/az1524b.pdf>

### **Healthy Lifestyles**

High Blood Pressure <http://cals.arizona.edu/pubs/health/az1230.pdf>

Promoting the Health and Well-Being of Family's During Difficult Times <http://cals.arizona.edu/pubs/family/az1341/az1341b.pdf>

Reducing Your Risk of Crime Victimization in the Community <http://www.unce.unr.edu/publications/files/hn/2001/fs0113.pdf>

Managing Conflict Following A Disaster <http://cals.arizona.edu/pubs/family/az1341/az1341g.pdf>

Preventing Food- Drug Interactions <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-5a.pdf>

Fruits and Vegetables Are a Convenience for Busy People <http://ohioline.osu.edu/hyg-fact/5000/pdf/5302.pdf>

Healthy Meetings Guide to Promoting Healthy Cooperative Extension <http://cals.arizona.edu/pubs/health/az1379.pdf>

Educational Meetings and Events

Healthy Recipes for Meetings <http://cals.arizona.edu/pubs/health/az1454.pdf>

Calories Count - Tips for Healthy Weight Management <http://cals.arizona.edu/pubs/health/az1360.pdf>

My Pyramid Food Intake Patterns [http://www.mypyramid.gov/downloads/MyPyramid\\_Food\\_Intake\\_Patterns.pdf](http://www.mypyramid.gov/downloads/MyPyramid_Food_Intake_Patterns.pdf)

Indoor Air Quality for Health [http://www.arfamilies.org/health\\_nutrition/topics/air.htm](http://www.arfamilies.org/health_nutrition/topics/air.htm)

Improving Air Quality in Your Home <http://www.ext.colostate.edu/pubs/consumer/09938.html>

Lead - Your Safe Home <http://www.extension.umn.edu/distribution/housingandclothing/DK6601.html>

Lead-based Paint in Homes <http://www.ext.colostate.edu/pubs/consumer/09538.pdf>

Microwave Oven Radiation <http://www.fda.gov/Radiation-EmittingProducts/ResourcesforYouRadiationEmittingProducts/Consumers/ucm142616.htm>

Sulfites: Separating Fact from Fiction <http://edis.ifas.ufl.edu/pdffiles/FY/FY73100.pdf>

West Nile Virus [http://www.aragriculture.org/biosecurity/cross\\_referenced/west\\_nile\\_virus.htm](http://www.aragriculture.org/biosecurity/cross_referenced/west_nile_virus.htm)

Mercury and Your Health: Safety Tips for Families <http://www.ca.uky.edu/enri/mercury/mercury%20pub.pdf>

Herbal Remedies – Therapeutic or Fraudulent <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.084.PDF>

Calcium Supplement Guidelines <http://ag.arizona.edu/pubs/health/az1042.pdf>

Aluminum [http://extension.usu.edu/files/publications/publication/FN\\_226.pdf](http://extension.usu.edu/files/publications/publication/FN_226.pdf)

Introduction to Acupuncture [http://nccam.nih.gov/health/acupuncture/D404\\_BKG.pdf](http://nccam.nih.gov/health/acupuncture/D404_BKG.pdf)

High Blood Pressure <http://ag.arizona.edu/pubs/health/az1230.pdf>

Bodies in Motion <http://www.ca.uky.edu/agc/pubs/fcs3/fcs3536/fcs3536.pdf>

Why We Eat What We Eat <http://www.ca.uky.edu/agc/pubs/fcs3/fcs3535/fcs3535.pdf>

## **Healthy Lifestyles - continued**

- Feeling good about food <http://www.ca.uky.edu/agc/pubs/fcs3/fcs3537/fcs3537.pdf>
- Vegetable Group Add Variety <http://www.ca.uky.edu/agc/pubs/nep/nep204a/nep204a.pdf>
- The Plains of Grains <http://www.ca.uky.edu/agc/pubs/nep/nep202a/nep202a.pdf>
- Is Your Body Trying to Tell You Something? <http://www.ca.uky.edu/agc/pubs/nep/nep201b/nep201b.pdf>
- Caffeine <http://www.ca.uky.edu/agc/pubs/nep/nep218/nep218.pdf>
- How to be Engaged with Your Local Government on Sustainable Development <http://cals.arizona.edu/pubs/consumer/az1530.pdf>

## **Healthy Lifestyles Additives**

- Chemical Cuisine ~ Commonly Used Food Additives from A-Z <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.144.PDF>
- Chemicals and Foods <http://www.clemson.edu/extension/hgic/food/pdf/hgic3860.pdf>
- Trimming the Fat from Our Diets <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-111a.pdf>
- Cooking Terms <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-105a.pdf>
- Cooking Basics <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-104a.pdf>
- Healthy Cooking Tips <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-112a.pdf>
- Cooking Cereal, Rice and Pasta <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-701a.pdf>
- Cooking & Using Dried Beans and Peas <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-1102a.pdf>
- Using Beans and Peas in Recipes <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-1106a.pdf>
- Cooking with Herbs, Spices and Seasonings <http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-113a.pdf>
- Texas Beef Council <http://www.txbeef.org/>

## **Healthy Lifestyles Diabetes**

- Diabetes ...Until You See a Dietician <http://www.unce.unr.edu/publications/files/hn/2006/fs0605.pdf>
- Healthy Eating Nutrition and Diabetes <http://edis.ifas.ufl.edu/pdf/files/FY/FY68500.pdf>
- Diabetes – Meal Planning the first step <http://ag.arizona.edu/pubs/health/az1228.pdf>
- Diabetes and Diverse Audiences <http://cals.arizona.edu/pubs/health/az1406.pdf>

## **Healthy Lifestyles Diets**

- Eating a Low-Fat Diet <http://www.unce.unr.edu/publications/files/hn/other/fs9902.pdf>
- The Clean Plate Club <http://ces.uwyo.edu/PUBS/MP112-1.pdf>
- Vegetarian Diets Build on the Basics <http://ag.arizona.edu/pubs/health/az1231.pdf>
- Diet and Hypertension <http://www.ext.colostate.edu/pubs/foodnut/09318.pdf>
- Go Mediterranean! <http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-29a.pdf>
- Preservation Food for Special Meal Plans <http://ohioline.osu.edu/hyg-fact/5000/pdf/5352.pdf>
- Living Wheat-Free Guidelines <http://www.ca.uky.edu/HES/fcs/FACTSHTS/FN-SSB-217.pdf>

## **Healthy Lifestyles Eating**

- Milk Upsets My Stomach <http://ag.arizona.edu/pubs/health/az1297.pdf>
- Modifying a Recipe to be Healthier <http://ohioline.osu.edu/hyg-fact/5000/pdf/5543.pdf>
- Sodium in the Diet <http://www.ext.colostate.edu/pubs/foodnut/09354.pdf>
- How Much Sodium Are You Eating? <http://www.ianrpubs.unl.edu/eublic/live/g1974/build/g1974.pdf>
- Choosing a Healthy Snack [http://www.wvu.edu/~exten/infores/pubs/fypubs/choosing\\_healthy\\_snacks.pdf](http://www.wvu.edu/~exten/infores/pubs/fypubs/choosing_healthy_snacks.pdf)
- Snack Attack! Everyday Healthy Snack Choices <http://cals.arizona.edu/pubs/health/az1362.pdf>
- Fix It Fast Fix It Healthy <http://www.wvu.edu/~exten/infores/pubs/fypubs/146.wl.pdf>
- Calories Count <http://ag.arizona.edu/pubs/health/az1360.pdf>
- Build Your Immune System with Good Nutrition [http://www.ca.uky.edu/hes/fcs/FACTSHTS/KY\\_EDEN-JSK-300.pdf](http://www.ca.uky.edu/hes/fcs/FACTSHTS/KY_EDEN-JSK-300.pdf)
- Nutrition and Your Busy Life Style <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.071.PDF>
- Using Functional Foods <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-31a.pdf>
- Eating and Lifestyle for the Later Years <http://www.ianrpubs.unl.edu/eublic/live/g1083/build/g1083.pdf>
- Healthy Eating for Elders: No – Cook Recipes <http://edis.ifas.ufl.edu/pdffiles/FY/FY69400.pdf>
- Healthy Eating for Elders: Salad Suggestions <http://edis.ifas.ufl.edu/pdffiles/FY/FY70200.pdf>
- Healthy Eating for Elders: Sixteen Savory Snacks <http://edis.ifas.ufl.edu/pdffiles/FY/FY70500.pdf>
- Healthy Eating for Elders: Smart Snacking <http://edis.ifas.ufl.edu/pdffiles/FY/FY70800.pdf>
- Healthy Eating for Elders: Drink to Your Health <http://edis.ifas.ufl.edu/pdffiles/FY/FY69600.pdf>
- Healthy Eating for Elders: Food Storage Guide <http://edis.ifas.ufl.edu/pdffiles/FY/FY69900.pdf>
- Equipping the Healthy Kitchen <https://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-19a.pdf>
- A Healthy Plan through Today's Supermarket <http://www.wvu.edu/~exten/infores/pubs/fypubs/147.wl.pdf>
- Questions to Ask at the Grocery Store <http://www.fcs.uga.edu/pubs/PDF/FDNS-E-89-6.pdf>
- Make-Ahead Meals <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.095.PDF>
- Menu Make-overs <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-15a.pdf>
- Dining Out <http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-27a.pdf>
- Dining Out in a Healthy Way <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.032.pdf>
- Life in the Fast Food Lane: Are You Living in the Fast Lane? <http://getmovinggethealthynj.rutgers.edu/PDF/LifeintheFastFoodLane.pdf>
- Meals for 1 or 2 <http://www.ext.colostate.edu/pubs/foodnut/09351.pdf>
- Sweetners <http://www.ianrpubs.unl.edu/eublic/pages/publicationD.jsp?publicationId=287>
- Sweeteners: Satisfying Your Sweet Tooth <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-22a.pdf>
- Table of the Color Wheel of Foods and Phytochemicals <http://extension.missouri.edu/hesfn/phytochemicals/colorwheeltable.htm>
- Soy Heath Claims <http://digitalcommons.unl.edu/cqi/viewcontent.cgi?article=1141&context=extensionhist>
- A guide to Soy Foods <http://digitalcommons.unl.edu/cqi/viewcontent.cgi?article=1034&context=extensionhist>
- National Dairy Council <http://www.nationaldairycouncil.org/Pages/Home.aspx>
- Wheat Foods Council <http://www.wheatfoods.org/>

## **Healthy Lifestyles Eating - continued**

- Kids and Fiber <http://www.ca.uky.edu/hes/fcs/FACTSHTS/FN-SSB.118.pdf>
- Discretionary Calories <http://www.ca.uky.edu/agc/pubs/nep/nep201d/nep201d.pdf>
- For Growing Bones - Which Milk? <http://www.ca.uky.edu/agc/pubs/nep/nep213b/nep213b.pdf>
- Understanding the Latino Culture <http://ohioline.osu.edu/hyg-fact/5000/pdf/5237.pdf>
- Understanding the Hispanic Culture <http://ohioline.osu.edu/hyg-fact/5000/5237.html>
- Outdoor Eating: Enjoying Nature the No-Waste Way <http://cals.arizona.edu/pubs/health/az1541.pdf>
- Osteoporosis <http://ag.arizona.edu/pubs/health/az9712.pdf>
- Weak Bones <http://ag.arizona.edu/pubs/health/az1295.pdf>
- Packing Lunches for Work or School <http://www.clemson.edu/extension/hgic/food/pdf/hgic4246.pdf>
- Eating For Bone Health <http://cals.arizona.edu/maricopa/fcs/bb/Documents/az1250.pdf>
- Calcium and Calorie Content of Selected Foods <http://cals.arizona.edu/pubs/health/az1128.pdf>

## **Healthy Lifestyles Exercise**

- Moving for Your Mind <http://www.ca.uky.edu/hes/fcs/FACTSHTS/HEEL-LR-926.pdf>
- Don't Lose It – Move It! <http://www.ca.uky.edu/HES/FCS/FACTSHTS/HEEL-LR-925.pdf>
- Gear Up Preparing for a Hike <http://www.ca.uky.edu/hes/fcs/FACTSHTS/HEEL-LR-916.pdf>
- Pedometer and New Technology - Cell Phone & Google Maps <http://cals.arizona.edu/pubs/health/az1491.pdf>

## **Healthy Lifestyles Mold**

- How to Remove Mildew <http://www.extension.umn.edu/distribution/housingandclothing/00039.html>
- Keeping it Clean: controlling Mildew <http://edis.ifas.ufl.edu/pdffiles/FY/FY79600.pdf>

## **Healthy Lifestyles Pest Control**

- How to Select a Pest Control Company <http://www.ianrpubs.unl.edu/epublic/live/g1647/build/g1647.pdf>
- Evaluation of Two Least Toxic Integrated Pest Management Programs for Managin Bed Bugs (Heteroptera: Cimicidae) With Discussion of a Bed Bug Intercepting Device <http://docserver.ingentaconnect.com/deliver/connect/esa/00222585/v46n3/s22.pdf?expires=1289238169&id=0000&titleid=10266&checksum=B9CC4572E6F1DA0CDE6E63B2777A4E80>
- Low Toxic Cockroach Control <http://www.ianrpubs.unl.edu/epublic/live/g1523/build/g1523.pdf>
- House Fly Control Guide <http://www.ianrpubs.unl.edu/epublic/live/g958/build/g958.pdf>
- How to Bug Proof Your Home <http://cals.arizona.edu/pubs/insects/az1320.pdf>
- Termite Management for Home Owners <http://cals.arizona.edu/pubs/insects/az1356.pdf>
- Hantavirus: What is it? What can be done about it? <http://msuextension.org/publications/HomeHealthandFamily/MT199404HR.pdf>
- How to Remove Mildew <http://www.extension.umn.edu/distribution/housingandclothing/00039.html>
- Keeping it Clean:Controlling Mildew <http://edis.ifas.ufl.edu/pdffiles/FY/FY79600.pdf>

## **Home**

- Hazardous Household Substances: Alternatives That Are Relatively Free of Toxic Effects <http://edis.ifas.ufl.edu/pdffiles/HE/HE79100.pdf>
- Indoor Air Quality for Health [http://www.arfamilies.org/health\\_nutrition/topics/air.htm](http://www.arfamilies.org/health_nutrition/topics/air.htm)
- Improving Air Quality in Your Home <http://www.ext.colostate.edu/pubs/consumer/09938.html>
- Lead-Based Paint in Homes <http://www.ext.colostate.edu/pubs/consumer/09538.pdf>
- Keeping it Clean: Tips on Cleaning Floors <http://edis.ifas.ufl.edu/pdffiles/FY/FY79500.pdf>
- Keep Your Terrazzo Floor Beautiful <http://edis.ifas.ufl.edu/pdffiles/HE/HE78000.pdf>
- Heating with Wood: Principles of Combustion <http://msuextension.org/publications/HomeHealthandFamily/MT198405HR.pdf>
- Easements <http://cals.arizona.edu/pubs/natresources/az1507e.pdf>
- Home-siting for New Rural Residents <http://cals.arizona.edu/pubs/natresources/az1507b.pdf>
- Know Your Zoning <http://cals.arizona.edu/pubs/natresources/az1507d.pdf>
- Arizona Native Plant Law: What You Need to Know <http://cals.arizona.edu/pubs/natresources/az1506.pdf>
- Extension Service Consumer Factsheet: "Paper or Plastic?" <http://edis.ifas.ufl.edu/pdffiles/AE/AE20900.pdf>
- Help Yourself to a Healthy Home <http://www.healthyhomespartnership.net/educators.html>
- Healthy Indoor Air for America Most Frequently Asked Question <http://hia.custhelp.com/cgi-bin/hia.cfg/php/enduser/home.php>
- What's Underfoot: Carpet Care <http://edis.ifas.ufl.edu/pdffiles/HE/HE78600.pdf>
- What's Underfoot: Carpet Choices for the Home <http://edis.ifas.ufl.edu/pdffiles/HE/HE78300.pdf>
- Arizona's Open Range Law <http://cals.arizona.edu/pubs/natresources/az1533.pdf>
- What's Underfoot: Carpet Pads <http://edis.ifas.ufl.edu/pdffiles/HE/HE78500.pdf>
- What's Underfoot: Carpet Quality and Construction <http://edis.ifas.ufl.edu/pdffiles/HE/HE78400.pdf>
- Healthy Homes Partnerships resource links <http://www.uwex.edu/healthyhome/links.html>

## **Home Mold**

- How to Remove Mildew <http://www.extension.umn.edu/distribution/housingandclothing/00039.html>
- Keeping it Clean: controlling Mildew <http://edis.ifas.ufl.edu/pdffiles/FY/FY79600.pdf>
- Healthy Homes Partnerships resource links <http://www.uwex.edu/healthyhome/links.html>

## **Home Windows**

- Window Management for Energy Conservation <http://edis.ifas.ufl.edu/pdffiles/FY/FY54800.pdf>
- Keeping it Clean: Glass – Windows and Mirrors <http://edis.ifas.ufl.edu/pdffiles/FY/FY79400.pdf>
- The Danger of Plate Glass Understanding and Avoiding that Painful Thud <http://www.fws.gov/birds/documents/Glass.pdf>

## **Insects**

- Ants <http://www.ipm.ucdavis.edu/PDF/PESTNOTES/pnants.pdf>  
Batty about Bats <http://cals.arizona.edu/pubs/insects/az1456.pdf>  
There's Something Bugging Me – Or Is There? <http://cals.arizona.edu/pubs/insects/az1396.pdf>  
West Nile Virus [http://www.aragriculture.org/biosecurity/cross\\_referenced/west\\_nile\\_virus.htm](http://www.aragriculture.org/biosecurity/cross_referenced/west_nile_virus.htm)  
  
Brown Marmorated Stink Bug <http://ento.psu.edu/extension/factsheets/brown-marmorated-stink-bug>  
Whiteflies <http://www.ipm.ucdavis.edu/PMG/PESTNOTES/pn7401.html>  
Scorpions <http://cals.arizona.edu/pubs/insects/az1223.pdf>  
Choosing a Bug Repellent <http://cals.arizona.edu/pubs/insects/az1311.pdf>

## **Insects Pest Control**

- How to Select a Pest Control Company <http://www.ianrpubs.unl.edu/e-public/live/g1647/build/g1647.pdf>  
Low Toxic Cockroach Control <http://www.ianrpubs.unl.edu/e-public/live/g1523/build/g1523.pdf>  
House Fly Control Guide <http://www.ianrpubs.unl.edu/e-public/live/g958/build/g958.pdf>  
How to Bug Proof Your Home <http://cals.arizona.edu/pubs/insects/az1320.pdf>  
Termite Management for Homeowners <http://cals.arizona.edu/pubs/insects/az1356.pdf>  
Insect Pests of Home-Stored Foods <http://www.ext.colostate.edu/pubs/insect/05501.pdf>  
Flies in the Home <http://www.ext.colostate.edu/pubs/insect/05502.pdf>  
Scorpions <http://cals.arizona.edu/pubs/insects/az1223.pdf>

## **Nutrition**

- Milk Matters <http://cals.arizona.edu/pubs/health/az1490.pdf>  
Modifying a Recipe to be Healthier <http://ohioline.osu.edu/hyg-fact/5000/pdf/5543.pdf>  
The Food Label and You [http://www.fpa-food.org/upload/pdfs/fly\\_printable.pdf](http://www.fpa-food.org/upload/pdfs/fly_printable.pdf)  
Tips for Using the Food Label [http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/tips\\_food\\_label.html](http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/tips_food_label.html)  
Understanding the Food Label <http://www.ca.uky.edu/agc/pubs/fcs3/fcs3538/fcs3538.pdf>  
Dietary Guidelines for Americans 2005, Key Recommendations for the General Population <http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>  
Food Additives – Are They Safe? <http://ag.arizona.edu/pubs/health/foodsafety/az1082.html>  
Chemicals and Foods <http://www.clemson.edu/extension/hgic/food/pdf/hgic3860.pdf>  
Calcium Supplement Guidelines <http://ag.arizona.edu/pubs/health/az1042.pdf>  
Making Safe Baby Foods <http://www.extension.umn.edu/distribution/nutrition/00026.html>  
Forming Good Habits in Children to Avoid Obesity <http://www.ces.purdue.edu/extmedia/CFS/CFS-149-W.pdf>  
Dietary Fiber <http://ag.arizona.edu/pubs/health/az1127.pdf>  
Egg Basics for the Consumer: Packaging, Storage, and Nutritional Information <http://anrcatalog.ucdavis.edu/pdf/8154.pdf>

## **Nutrition - continued**

- Fruits and Vegetables Are a Convenience for Busy People <http://ohioline.osu.edu/hyg-fact/5000/pdf/5302.pdf>
- Whole Grain Handout [http://www.extension.iastate.edu/NR/rdonlyres/221E390D-8D2B-411D-ADA9-C3B0DE19209D/0/whole\\_grain.pdf](http://www.extension.iastate.edu/NR/rdonlyres/221E390D-8D2B-411D-ADA9-C3B0DE19209D/0/whole_grain.pdf)
- Brighten up with breakfast <http://www.clemson.edu/extension/hgic/food/pdf/hgic4106.pdf>
- Healthy Meetings! <http://cals.arizona.edu/pubs/health/az1379.pdf>
- Infant Botulism and Honey <http://edis.ifas.ufl.edu/pdffiles/AA/AA14200.pdf>
- Honey <http://maarec.cas.psu.edu/PDFs/Honey.pdf>
- Healthy Fats <http://cals.arizona.edu/pubs/health/az1452.pdf>
- Calorie Need Estimates <http://cals.arizona.edu/pubs/health/az1390.pdf>
- Carbohydrate Needs <http://cals.arizona.edu/pubs/health/az1389.pdf>
- Nutrient Recommendations for Adults <http://www.ianrpubs.unl.edu/epublic/live/g1555/build/g1555.pdf>
- The Healthful Soybean <http://www.ca.uky.edu/HES/fcs/factshts/FN-SSB.104.pdf>
- The Glycemic Index [http://extension.usu.edu/files/publications/factsheet/FN\\_2004-01.pdf](http://extension.usu.edu/files/publications/factsheet/FN_2004-01.pdf)
- Glycemic Index and Glycemic Load <http://pi.oregonstate.edu/infocenter/foods/grains/gigl.html>
- Women's Nutrition Issues <http://www.ces.purdue.edu/extmedia/CFS/CFS-608-W.pdf>
- Commonsense Nutrition for Women <http://www.ianrpubs.unl.edu/epublic/live/g1193/build/g1193.pdf>
- Food vs Pills <http://www.ext.colostate.edu/PUBS/FOODNUT/09338.html>
- Brighten Up With Breakfast <http://www.clemson.edu/extension/hgic/food/pdf/hgic4106.pdf>
- Healthy Meals on the Go <http://cals.arizona.edu/pubs/health/az1364.pdf>
- Healthy Eating for Elders: Super Sandwiches <http://edis.ifas.ufl.edu/pdffiles/FY/FY71100.pdf>
- Nutrition and Aging <http://www.ces.purdue.edu/extmedia/CFS/CFS-605-W.pdf>
- Healthy Eating: Fluids <http://edis.ifas.ufl.edu/pdffiles/FY/FY07000.pdf>
- Healthy Eating: Folate <http://edis.ifas.ufl.edu/pdffiles/FY/FY05500.pdf>
- Nutraceuticals, Phytochemicals, and Antioxidants—What Are They All About? <http://www.seniormealsonwheels.org/pdfs/antioxidants.pdf>
- Healthy Living: Staying Regular <http://edis.ifas.ufl.edu/pdffiles/FY/FY06300.pdf>
- Altering Recipes for Better Health <http://www.ces.purdue.edu/extmedia/CFS/CFS-157-W.pdf>
- Adapting Recipes <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.001.pdf>
- Nuts <http://web2.msue.msu.edu/bulletins/Bulletin/PDF/WO1001.pdf>
- Protein Power Play <http://cals.arizona.edu/pubs/health/az1365.pdf>
- Sodium in the Diet <http://www.ext.colostate.edu/pubs/foodnut/09354.html>
- Snack Attack! Everyday Healthy Snack Choices <http://cals.arizona.edu/pubs/health/az1362.pdf>
- Ingredient Substitutions <http://www.ext.colostate.edu/pubs/foodnut/09329.pdf>
- Sugar Substitutes – Are They Safe? <http://ag.arizona.edu/pubs/health/az1229.pdf>
- Sweeteners <http://www.ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=287>
- Satisfying Your Sweet Tooth <http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-22a.pdf>

## **Nutrition - continued**

- Soy Health Claims <http://digitalcommons.unl.edu/cgi/viewcontent.cgi?article=1141&context=extensionhist>
- A guide to Soy Foods <http://digitalcommons.unl.edu/cgi/viewcontent.cgi?article=1034&context=extensionhist>
- General Nutrition Resource List for Older Adults <http://www.nal.usda.gov/fnic/pubs/olderadults.pdf>
- American Egg Board <http://www.aeb.org/>
- National Dairy Council <http://www.nationaldairycouncil.org/Pages/Home.aspx>
- Wheat Foods Council <http://www.wheatfoods.org/>
- Iron in Your Diet <http://www.ca.uky.edu/agc/pubs/nep/nep215fg/nep215fg.pdf>
- Kids and Fiber <http://www.ca.uky.edu/hes/fcs/FACTSHTS/FN-SSB.118.pdf>
- Focus on Fruits <http://www.ca.uky.edu/agc/pubs/nep/nep204fg/nep204fg.pdf>
- Best Buys <http://www.ca.uky.edu/agc/pubs/nep/nep204a/nep204a.pdf>
- Fruit it up <http://www.ca.uky.edu/agc/pubs/nep/nep204b/nep204b.pdf>
- Nutrition Facts Label <http://www.ca.uky.edu/agc/pubs/nep/nep209b/nep209b.pdf>
- Discretionary Calories <http://www.ca.uky.edu/agc/pubs/nep/nep201d/nep201d.pdf>
- For Growing Bones - Which Milk? <http://www.ca.uky.edu/agc/pubs/nep/nep213b/nep213b.pdf>
- Building Healthy Families <http://anson.ces.ncsu.edu/files/library/4/september08.pdf>
- Building Strong Families <http://scotland.ces.ncsu.edu/files/library/83/February%202008.pdf>
- Fostering Resiliency for Families in Transition <http://anson.ces.ncsu.edu/files/library/4/august08.pdf>
- Promoting Safe and Healthy Environments <http://anson.ces.ncsu.edu/files/library/4/october08.pdf>
- Outdoor Eating: Enjoying Nature the No-Waste Way <http://cals.arizona.edu/pubs/health/az1541.pdf>
- Healthy Eating After 50 [http://www.nia.nih.gov/NR/rdonlyres/4B267E65-7F01-472B-8FCE-24E3DB72FF28/14109/HealthyEatingAP\\_FEB262.pdf](http://www.nia.nih.gov/NR/rdonlyres/4B267E65-7F01-472B-8FCE-24E3DB72FF28/14109/HealthyEatingAP_FEB262.pdf)
- Nutrition and Aging <http://www.ext.colostate.edu/pubs/foodnut/09322.pdf>
- One Pan Hamburger Recipes <http://www.extension.umn.edu/distribution/nutrition/00174.pdf>
- Make Your Own Casserole <http://www.extension.umn.edu/distribution/nutrition/00176.pdf>
- Cream Soup Mix <http://www.extension.umn.edu/distribution/nutrition/00173.pdf>
- Homemade Ground Beef Helper <http://www.extension.umn.edu/distribution/nutrition/00175.pdf>
- Create a Pasta Salad <http://www.extension.umn.edu/distribution/nutrition/00177.pdf>
- Eating For Bone Health <http://cals.arizona.edu/maricopa/fcs/bb/Documents/az1250.pdf>
- Calcium and Calorie Content of Selected Foods <http://cals.arizona.edu/pubs/health/az1128.pdf>
- Healthy recipes: A guide to ingredients substitutions <http://www.mayoclinic.com/health/healthy-recipes/NU00585>

## **Nutrition Disease**

- A Guide to Microorganisms <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.011.PDF>
- Cancer and Diverse Audiences - How Diet and Activity Affect Risk for Some Cancers <http://cals.arizona.edu/pubs/health/az1405.pdf>

## **Nutrition Disease - continued**

Heart Disease and Diverse Audiences - What You Should Know to Lower Your Fat and Cholesterol <http://cals.arizona.edu/pubs/health/az1407.pdf>

## **Nutrition Fats and Cholestrol**

Cholesterol and Fats <http://www.ext.colostate.edu/pubs/foodnut/09319.pdf>  
Trans Fat <http://www.ca.uky.edu/HES/fcs/factshts/FN-SSB.158.pdf>  
Fat and Cholesterol Update <http://ag.arizona.edu/pubs/health/az1126.pdf>  
Fat: The Good, The Bad, the Ugly <http://www.wvu.edu/~exten/infores/pubs/fypubs/140.wl.pdf>  
Omega – 3 Fatty Acids <http://www.umm.edu/altmed/articles/omega-3-000316.htm>  
Trans Fat and Your Health <http://www.ca.uky.edu/hes/fcs/heel/release/AUG2006-5.doc>  
Focus on Fats: Oils <https://utextension.tennessee.edu/publications/Documents/SP655-F.pdf>

## **Nutrition Fish and Seafood**

Safe and Nutritious Seafood in Virginia <http://www.pubs.ext.vt.edu/348/348-961/348-961.pdf>  
Is It Okay to Eat Fish? <http://www.fcs.uga.edu/pubs/PDF/FDNS-E-89-46.pdf>  
Fish Consumption Advisory <http://www.extension.umn.edu/distribution/nutrition/00037.html>  
Storing and Mailing Vacuum Packaged Fish <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00221.pdf>  
Smoking Fish at Home <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00325.pdf>

## **Nutrition Food Guide Pyramid**

Choose My Plate <http://www.choosemyplate.gov/>  
Anatomy of MyPyramid [http://www.mypyramid.gov/professionals/pdf\\_anatomy.html](http://www.mypyramid.gov/professionals/pdf_anatomy.html)  
Food Guide Pyramid for Young Children <http://www.cnpp.usda.gov/Publications/MyPyramid/OriginalFoodGuidePyramids/FGP4Kids/FGP4KidsLine.pdf>  
Introducing My Pyramid <http://www.ext.nodak.edu/food/mypyramid/mypyramid-intro.pdf>  
My Pyramid Fruit Group <http://www.ianrpubs.unl.edu/epublic/live/g1606/build/g1606.pdf>  
My Pyramid Grains Group <http://www.ianrpubs.unl.edu/epublic/live/g1607/build/g1607.pdf>  
My Pyramid Meat and Beans Group <http://www.ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=449>  
My Pyramid Milk and Milk Products Group <http://www.ianrpubs.unl.edu/epublic/live/g1611/build/g1611.pdf>  
My Pyramid Vegetable Group <http://www.ianrpubs.unl.edu/epublic/live/g1605/build/g1605.pdf>  
Make Half Your Grains Whole <http://www.ext.nodak.edu/food/mypyramid/mypyramid-grains.pdf>  
Focus on Fruits <http://www.ext.nodak.edu/food/mypyramid/mypyramid-fruits.pdf>  
Get Your Calcium-Rich Foods <http://www.ext.nodak.edu/food/mypyramid/mypyramid-calcium.pdf>  
Go Lean on Protein <http://www.ext.nodak.edu/food/mypyramid/mypyramid-protein.pdf>

## **Nutrition Food Guide Pyramid - continued**

- Know Your Fats <http://www.ext.nodak.edu/food/mypyramid/mypyramid-fats.pdf>
- Vary Your Veggies <http://www.ext.nodak.edu/food/mypyramid/mypyramid-veggies.pdf>
- Mix Up Your Choices in Each Food Group <http://www.health.gov/dietaryguidelines/dga2005/document/media/FoodGroups.pdf>
- MyPlate and MyPyramid <http://www.choosemyplate.gov/downloads/MyPlate/UsingMyPlateAlongWithMyPyramid.pdf>
- Eating for Health with MyPlate: Dairy Foods <http://umaine.edu/publications/4390e/>
- Eating for Health with MyPlate: Fruits <http://umaine.edu/publications/4391e/>
- Eating for Health with MyPlate: Grains <http://umaine.edu/publications/4392e/>
- Eating for Health with MyPlate: Oils <http://umaine.edu/publications/4393e/>
- Eating for Health with MyPlate: Protein Foods <http://umaine.edu/publications/4394e/>
- Eating for Health with MyPlate: Vegetables <http://umaine.edu/publications/4395e/>
- Eating for Health with MyPlate: Smart Snacking <http://umaine.edu/publications/4396e/>
- Eating for Health with MyPlate: Moving Towards and Active Lifestyle <http://umaine.edu/publications/4397e/>

## **Nutrition Food Safety**

- Egg and Egg Product Safety and Quality <http://cals.arizona.edu/pubs/health/az9715.pdf>
- Food Additives are They Safe? <http://ag.arizona.edu/pubs/health/foodsafety/az1082.html>
- Food Product Dating and Storage Times <http://ag.arizona.edu/pubs/health/az1068.pdf>
- Food Safety Know-how <http://ag.arizona.edu/pubs/health/az9716.pdf>
- Pesticides versus Organically Grown Food <http://ag.arizona.edu/pubs/health/foodsafety/az1079.html>
- Egg Products and Food Safety [http://www.fsis.usda.gov/PDF/Egg\\_Products\\_and\\_Food\\_Safety.pdf](http://www.fsis.usda.gov/PDF/Egg_Products_and_Food_Safety.pdf)
- Egg Products and Food Safety Spanish [http://www.fsis.usda.gov/PDF/Egg\\_Products\\_and\\_Food\\_Safety\\_SP.pdf](http://www.fsis.usda.gov/PDF/Egg_Products_and_Food_Safety_SP.pdf)
- Health Benefits and Safe Handling of Salad Greens <http://www.ext.colostate.edu/pubs/foodnut/09373.html>

## **Nutrition Fruit**

- Figs [http://extension.usu.edu/files/publications/publication/FN\\_Harvest\\_2005-06pr.pdf](http://extension.usu.edu/files/publications/publication/FN_Harvest_2005-06pr.pdf)
- Grapes [http://extension.usu.edu/files/publications/publication/FN\\_2005\\_Harvest-11.pdf](http://extension.usu.edu/files/publications/publication/FN_2005_Harvest-11.pdf)
- Pears [http://extension.usu.edu/files/publications/publication/FN\\_2005\\_Harvest\\_05.pdf](http://extension.usu.edu/files/publications/publication/FN_2005_Harvest_05.pdf)
- Pomegranate Fruit and Juice <http://www.unce.unr.edu/publications/files/hn/2005/fs0536.pdf>
- Rhubarb Recipes <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00064.pdf>

## **Nutrition Herbs**

- Horse Chestnut [http://nccam.nih.gov/health/horsechestnut/D321\\_Herbs.pdf](http://nccam.nih.gov/health/horsechestnut/D321_Herbs.pdf)

## **Nutrition Fruit - continued**

- European Elder [http://nccam.nih.gov/health/euroelder/D391\\_Herbs.pdf](http://nccam.nih.gov/health/euroelder/D391_Herbs.pdf)
- European Mistletoe [http://nccam.nih.gov/health/mistletoe/D270\\_Herbs.pdf](http://nccam.nih.gov/health/mistletoe/D270_Herbs.pdf)
- Red Clover [http://nccam.nih.gov/health/redclover/D319\\_Herbs.pdf](http://nccam.nih.gov/health/redclover/D319_Herbs.pdf)
- Herbs <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561L.pdf>
- Herbs: Magic, Medicine, or Mystery <http://www.ksre.ksu.edu/library/fntr2/MF2378.pdf>
- Echinacea <http://www.umm.edu/altmed/articles/echinacea-000239.htm>
- Feverfew <http://www.umm.edu/altmed/articles/feverfew-000243.htm>
- Feverfew [http://nccam.nih.gov/health/feverfew/D342\\_Herbs.pdf](http://nccam.nih.gov/health/feverfew/D342_Herbs.pdf)
- Feverfew <http://www.ksre.ksu.edu/library/hort2/mf2614.pdf>
- St. John's Wort [http://nccam.nih.gov/health/stjohnswort/D269\\_Herbs.pdf](http://nccam.nih.gov/health/stjohnswort/D269_Herbs.pdf)
- Valerian <http://ods.od.nih.gov/factsheets/valerian.asp>
- Using Dietary Supplements Wisely <http://nccam.nih.gov/health/supplements/wiseuse.htm>
- Peppermint Oil [http://nccam.nih.gov/health/peppermintoil/D365\\_Herbs.pdf](http://nccam.nih.gov/health/peppermintoil/D365_Herbs.pdf)
- Milk Thistle [http://nccam.nih.gov/health/milkthistle/D285\\_Herbs.pdf](http://nccam.nih.gov/health/milkthistle/D285_Herbs.pdf)
- Dandelion [http://nccam.nih.gov/health/dandelion/D302\\_Herbs.pdf](http://nccam.nih.gov/health/dandelion/D302_Herbs.pdf)
- Licorice Root [http://nccam.nih.gov/health/licoriceroot/D318\\_Herbs.pdf](http://nccam.nih.gov/health/licoriceroot/D318_Herbs.pdf)
- Ginkgo [http://nccam.nih.gov/health/ginkgo/D290\\_Herbs.pdf](http://nccam.nih.gov/health/ginkgo/D290_Herbs.pdf)
- Echinacea [http://nccam.nih.gov/health/echinacea/D271\\_Herbs.pdf](http://nccam.nih.gov/health/echinacea/D271_Herbs.pdf)
- Asian Ginseng <http://nccam.nih.gov/health/asianginseng/asianginseng.pdf>
- Chasteberry [http://nccam.nih.gov/health/chasteberry/D335\\_Herbs.pdf](http://nccam.nih.gov/health/chasteberry/D335_Herbs.pdf)
- Cat's Claw [http://nccam.nih.gov/health/catclaw/D334\\_Herbs.pdf](http://nccam.nih.gov/health/catclaw/D334_Herbs.pdf)
- Aloe Vera [http://nccam.nih.gov/health/aloevera/D333\\_Herbs.pdf](http://nccam.nih.gov/health/aloevera/D333_Herbs.pdf)
- Black Cohosh [http://nccam.nih.gov/health/blackcohosh/D268\\_Herbs.pdf](http://nccam.nih.gov/health/blackcohosh/D268_Herbs.pdf)
- Chamomile [http://nccam.nih.gov/health/chamomile/D388\\_Herbs.pdf](http://nccam.nih.gov/health/chamomile/D388_Herbs.pdf)
- Green Tea [http://nccam.nih.gov/health/greentea/D273\\_Herbs.pdf](http://nccam.nih.gov/health/greentea/D273_Herbs.pdf)
- Grape Seed Extract [http://nccam.nih.gov/health/grapeseed/D370\\_Herbs.pdf](http://nccam.nih.gov/health/grapeseed/D370_Herbs.pdf)
- Hoodia [http://nccam.nih.gov/health/hoodia/D387\\_Herbs.pdf](http://nccam.nih.gov/health/hoodia/D387_Herbs.pdf)
- Kava [http://nccam.nih.gov/health/kava/D314\\_Herbs.pdf](http://nccam.nih.gov/health/kava/D314_Herbs.pdf)
- Noni [http://nccam.nih.gov/health/noni/D398\\_Herbs.pdf](http://nccam.nih.gov/health/noni/D398_Herbs.pdf)
- Ephedra [http://nccam.nih.gov/health/ephedra/D336\\_Herbs.pdf](http://nccam.nih.gov/health/ephedra/D336_Herbs.pdf)
- Saw Palmetto [http://nccam.nih.gov/health/palmetto/D275\\_Herbs.pdf](http://nccam.nih.gov/health/palmetto/D275_Herbs.pdf)
- Soy [http://nccam.nih.gov/health/soy/D399\\_Herbs.pdf](http://nccam.nih.gov/health/soy/D399_Herbs.pdf)
- Flaxseed and Flaxseed oil [http://nccam.nih.gov/health/flaxseed/D313\\_herbs.pdf](http://nccam.nih.gov/health/flaxseed/D313_herbs.pdf)
- Cranberry [http://nccam.nih.gov/health/cranberry/D291\\_Herbs.pdf](http://nccam.nih.gov/health/cranberry/D291_Herbs.pdf)
- Fenugreek [http://nccam.nih.gov/health/fenugreek/D364\\_Herbs.pdf](http://nccam.nih.gov/health/fenugreek/D364_Herbs.pdf)
- Turmeric [http://nccam.nih.gov/health/turmeric/D367\\_Herbs.pdf](http://nccam.nih.gov/health/turmeric/D367_Herbs.pdf)
- Yohimbe [http://nccam.nih.gov/health/yohimbe/D356\\_Herbs.pdf](http://nccam.nih.gov/health/yohimbe/D356_Herbs.pdf)

## **Nutrition Fruit - continued**

- Ginger [http://nccam.nih.gov/health/ginger/D320\\_Herbs.pdf](http://nccam.nih.gov/health/ginger/D320_Herbs.pdf)
- Thunder God Vine [http://nccam.nih.gov/health/tgvine/D400\\_Herbs.pdf](http://nccam.nih.gov/health/tgvine/D400_Herbs.pdf)
- Garlic [http://nccam.nih.gov/health/garlic/D274\\_Herbs.pdf](http://nccam.nih.gov/health/garlic/D274_Herbs.pdf)
- Goldenseal [http://nccam.nih.gov/health/goldenseal/D343\\_Herbs.pdf](http://nccam.nih.gov/health/goldenseal/D343_Herbs.pdf)
- Hawthorn [http://nccam.nih.gov/health/hawthorn/D344\\_Herbs.pdf](http://nccam.nih.gov/health/hawthorn/D344_Herbs.pdf)
- Astragalus [http://nccam.nih.gov/health/astragalus/D384\\_Herbs.pdf](http://nccam.nih.gov/health/astragalus/D384_Herbs.pdf)
- Bitter Orange [http://nccam.nih.gov/health/bitterorange/D390\\_Herbs.pdf](http://nccam.nih.gov/health/bitterorange/D390_Herbs.pdf)
- Bilberry [http://nccam.nih.gov/health/bilberry/D312\\_Herbs.pdf](http://nccam.nih.gov/health/bilberry/D312_Herbs.pdf)

## **Nutrition Labeling**

- Reading the Nutrition Facts Label <http://cals.arizona.edu/pubs/health/az1477.pdf>
- What's on a Food Label? <http://www.oznet.ksu.edu/library/fntr2/L883.pdf>
- Health Claims on Foods <http://www.extension.iastate.edu/Publications/PM1790.pdf>
- New Food Words – Phytochemical, Functional Foods, and Nutraceuticals [http://cals.arizona.edu/pubs/water/food\\_safety\\_labeling\\_new\\_food\\_words.pdf](http://cals.arizona.edu/pubs/water/food_safety_labeling_new_food_words.pdf)
- How to Understand and Use the Nutrition Facts Label <http://www.fda.gov/food/labelingnutrition/consumerinformation/ucm078889.htm>

## **Nutrition Meat**

- Nutritional Value of Meat <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.113.PDF>
- The Beef Industry's Information Center <http://www.beef.org/>

## **Nutrition Minerals**

- Minding Your Minerals <http://www.unce.unr.edu/publications/files/hn/2004/fs0452.pdf>
- Calcium For Better Health <http://ohioline.osu.edu/hyg-fact/5000/pdf/5506.pdf>
- Folate (Folacin, Folic Acid) <http://ohioline.osu.edu/hyg-fact/5000/pdf/5553.pdf>
- Iron <http://ohioline.osu.edu/hyg-fact/5000/pdf/5559.pdf>
- Iron: An Essential Nutrient <http://www.ext.colostate.edu/pubs/foodnut/09356.pdf>
- Potassium and Health <http://www.ext.colostate.edu/pubs/foodnut/09355.pdf>
- Zinc <http://ohioline.osu.edu/hyg-fact/5000/pdf/5560.pdf>

## **Nutrition Sports**

- Healthy Meals on the Go <http://cals.arizona.edu/pubs/health/az1364.pdf>
- Protein Power Play <http://cals.arizona.edu/pubs/health/az1365.pdf>
- Protein Needs <http://cals.arizona.edu/pubs/health/az1388.pdf>

## **Nutrition Sports - continued**

- Game Food <http://cals.arizona.edu/pubs/health/az1361.pdf>
- Fluid Tips for Training & Competition <http://cals.arizona.edu/pubs/health/az1387.pdf>
- Food Tips for Training <http://cals.arizona.edu/pubs/health/az1386.pdf>
- Fluid First! Get A Slam Dunk with Your Fluids During Sports <http://cals.arizona.edu/pubs/health/az1363.pdf>
- Weight Gain Tips for Athletes <http://cals.arizona.edu/pubs/health/az1385.pdf>
- Weight Loss Tips for Athletes <http://cals.arizona.edu/pubs/health/az1384.pdf>

## **Nutrition Supplements**

- Coumadin and Vitamin K <http://ods.od.nih.gov/factsheets/cc/coumadin1.pdf>
- Vitamin B6 <http://ods.od.nih.gov/factsheets/vitaminb6.asp>
- Vitamin D <http://ods.od.nih.gov/factsheets/vitamind.asp>
- Vitamin D: What You Need to Know <http://www.extension.purdue.edu/extmedia/HHS/HHS-759-W.pdf>
- Vitamin E <http://ods.od.nih.gov/factsheets/vitamine.asp>
- Zinc <http://ods.od.nih.gov/factsheets/cc/zinc.html>
- Tips For Savvy Supplement User: Making Informed Decisions and Evaluating Information <http://www.cfsan.fda.gov/~dms/ds-savvy.html>
- Chromium <http://ods.od.nih.gov/factsheets/chromium.asp>
- Magnesium <http://ods.od.nih.gov/factsheets/magnesium.asp>
- Vitamin A and Carotenoids <http://ods.od.nih.gov/factsheets/vitamina.asp>
- Dietary Supplements- What Are They? [http://www.extension.iastate.edu/healthnutrition/food/safety/dietary\\_supplements.htm](http://www.extension.iastate.edu/healthnutrition/food/safety/dietary_supplements.htm)
- Can You Benefit from Taking a Dietary Supplement? <http://www.extension.iastate.edu/nutrition/supplements/benefit.php>
- Eating for Bone Health <http://cals.arizona.edu/pubs/health/az1250.pdf>
- Herbals for Health? <http://www.ext.colostate.edu/PUBS/FOODNUT/09370.pdf>
- Calcium Supplement Guidelines <http://ag.arizona.edu/pubs/health/az1042.pdf>

## **Nutrition Vegetables**

- Safe Handling of Fresh Fruits and Vegetables <http://postharvest.ucdavis.edu/datastorefiles/234-418.pdf>
- Blanching Vegetables – Why and How <http://www.extension.umn.edu/distribution/nutrition/00053.html>
- Asparagus <http://www.extension.iastate.edu/healthnutrition/foodrecipeactivity/food/asparagus.htm>
- Beets <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561A.pdf>
- Pickled Beets <http://www.extension.umn.edu/distribution/nutrition/00045.html>
- Broccoli <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561B.pdf>
- Cabbage <http://www.uaf.edu/files/ces/publications-db/catalog/anr/FNH-00561C.pdf>
- Carrots <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561D.pdf>

## **Nutrition Vegetables - continued**

- Chile [http://extension.usu.edu/files/publications/publication/FN\\_2005\\_Harvest\\_01.pdf](http://extension.usu.edu/files/publications/publication/FN_2005_Harvest_01.pdf)
- Processing Fresh Chile Peppers <http://cahe.nmsu.edu/pubs/e/E-324.pdf>
- Corn <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561E.pdf>
- Corn [http://extension.usu.edu/files/publications/publication/FN\\_Harvest\\_2005\\_08pr.pdf](http://extension.usu.edu/files/publications/publication/FN_Harvest_2005_08pr.pdf)
- Lettuce <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561F.pdf>
- Morel Mushrooms <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00020.pdf>
- More Mushrooms, Please <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.156.PDF>
- Summer Squash <http://www.uaf.edu/files/ces/publications-db/catalog/hec/FNH-00561I.pdf>

## **Nutrition Vitamins**

- Valuing Vitamins <http://www.unce.unr.edu/publications/files/hn/2004/fs0455.pdf>
- Water-Soluble Vitamins <http://www.ext.colostate.edu/pubs/foodnut/09312.html>
- Vitamin C Ascorbic Acid <http://ohioline.osu.edu/hyg-fact/5000/pdf/5552.pdf>
- Fat-Soluble Vitamins <http://www.ext.colostate.edu/pubs/foodnut/09315.html>
- Vitamin A Retinol <http://ohioline.osu.edu/hyg-fact/5000/pdf/5551.pdf>
- Coumadin and Vitamin K Rich Foods <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-33a.pdf>
- Upper Safe Levels of Intake for Adults: Vitamins and Minerals <http://www.ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=295>

## **Senior and Elderly**

- Preventing Falls in the Elderly <http://www.ext.colostate.edu/Pubs/consumer/10242.html>
- Improving Home Safety For Seniors <http://www.ext.colostate.edu/pubs/consumer/09913.html>
- Protecting Arizona Seniors <http://www.azag.gov/seniors/SeniorResourceGuide.pdf>

## **Special Diets**

- The Clean Plate Club <http://ces.uwyo.edu/PUBS/MP112-1.pdf>
- Diet and Hypertension <http://www.ext.colostate.edu/pubs/foodnut/09318.html>
- Go Mediterranean! <http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-29a.pdf>
- Fad Diets <http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.119.PDF>
- Sweeteners <http://www.ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=287>
- Sweeteners: Satisfying Your Sweet Tooth <http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-22a.pdf>
- Gluten-Free Baking <http://www.ext.colostate.edu/pubs/foodnut/09376.pdf>
- Gluten-Free Diet Guide for People with Newly Diagnosed Celiac Disease <http://www.ext.colostate.edu/pubs/foodnut/09375.pdf>
- Wheat Foods Council <http://www.wheatfoods.org/>

## **Supplements**

- Calcium Supplement Guidelines <http://ag.arizona.edu/pubs/health/az1042.pdf>
- Feverfew <http://www.ksre.ksu.edu/library/hort2/mf2614.pdf>
- St. John Wort <http://www.ksre.ksu.edu/library/hort2/mf2629.pdf>
- Valerian <http://www.ksre.ksu.edu/library/hort2/mf2632.pdf>
- Echinacea <http://www.ksre.ksu.edu/library/fntr2/mf2377.pdf>
- Feverfew <http://www.umm.edu/altmed/articles/feverfew-000243.htm>
- Feverfew <http://nccam.nih.gov/health/feverfew/>
- Peppermint Oil [http://nccam.nih.gov/health/peppermintoil/D365\\_Herbs.pdf](http://nccam.nih.gov/health/peppermintoil/D365_Herbs.pdf)
- Milk Thistle [http://nccam.nih.gov/health/milkthistle/D285\\_Herbs.pdf](http://nccam.nih.gov/health/milkthistle/D285_Herbs.pdf)
- Dandelion [http://nccam.nih.gov/health/dandelion/D302\\_Herbs.pdf](http://nccam.nih.gov/health/dandelion/D302_Herbs.pdf)
- Lavender <http://nccam.nih.gov/health/lavender/D366.pdf>
- Licorice Root [http://nccam.nih.gov/health/licoriceroot/D318\\_Herbs.pdf](http://nccam.nih.gov/health/licoriceroot/D318_Herbs.pdf)
- Ginkgo [http://nccam.nih.gov/health/ginkgo/D290\\_Herbs.pdf](http://nccam.nih.gov/health/ginkgo/D290_Herbs.pdf)
- Echinacea [http://nccam.nih.gov/health/echinacea/D271\\_Herbs.pdf](http://nccam.nih.gov/health/echinacea/D271_Herbs.pdf)
- Evening Primrose Oil [http://nccam.nih.gov/health/eveningprimrose/D341\\_Herbs.pdf](http://nccam.nih.gov/health/eveningprimrose/D341_Herbs.pdf)
- Asian Ginseng <http://nccam.nih.gov/health/asianginseng/asianginseng.pdf>
- Chasteberry [http://nccam.nih.gov/health/chasteberry/D335\\_Herbs.pdf](http://nccam.nih.gov/health/chasteberry/D335_Herbs.pdf)
- Cat's Claw [http://nccam.nih.gov/health/catclaw/D334\\_Herbs.pdf](http://nccam.nih.gov/health/catclaw/D334_Herbs.pdf)
- Aloe Vera [http://nccam.nih.gov/health/aloevera/D333\\_Herbs.pdf](http://nccam.nih.gov/health/aloevera/D333_Herbs.pdf)
- Black Cohosh [http://nccam.nih.gov/health/blackcohosh/D268\\_Herbs.pdf](http://nccam.nih.gov/health/blackcohosh/D268_Herbs.pdf)
- Chamomile [http://nccam.nih.gov/health/chamomile/D388\\_Herbs.pdf](http://nccam.nih.gov/health/chamomile/D388_Herbs.pdf)
- Green Tea [http://nccam.nih.gov/health/greentea/D273\\_Herbs.pdf](http://nccam.nih.gov/health/greentea/D273_Herbs.pdf)
- Grape Seed Extract [http://nccam.nih.gov/health/grapeseed/D370\\_Herbs.pdf](http://nccam.nih.gov/health/grapeseed/D370_Herbs.pdf)
- Hoodia [http://nccam.nih.gov/health/hoodia/D387\\_Herbs.pdf](http://nccam.nih.gov/health/hoodia/D387_Herbs.pdf)
- Horse Chestnut <http://nccam.nih.gov/health/horsechestnut/>
- Kava [http://nccam.nih.gov/health/kava/D314\\_Herbs.pdf](http://nccam.nih.gov/health/kava/D314_Herbs.pdf)
- Noni [http://nccam.nih.gov/health/noni/D398\\_Herbs.pdf](http://nccam.nih.gov/health/noni/D398_Herbs.pdf)
- Ephedra [http://nccam.nih.gov/health/ephedra/D336\\_Herbs.pdf](http://nccam.nih.gov/health/ephedra/D336_Herbs.pdf)
- Saw Palmetto [http://nccam.nih.gov/health/palmetto/D275\\_Herbs.pdf](http://nccam.nih.gov/health/palmetto/D275_Herbs.pdf)
- Soy [http://nccam.nih.gov/health/soy/D399\\_Herbs.pdf](http://nccam.nih.gov/health/soy/D399_Herbs.pdf)
- Flaxseed and Flaxseed oil [http://nccam.nih.gov/health/flaxseed/D313\\_herbs.pdf](http://nccam.nih.gov/health/flaxseed/D313_herbs.pdf)
- Cranberry [http://nccam.nih.gov/health/cranberry/D291\\_Herbs.pdf](http://nccam.nih.gov/health/cranberry/D291_Herbs.pdf)
- Fenugreek [http://nccam.nih.gov/health/fenugreek/D364\\_Herbs.pdf](http://nccam.nih.gov/health/fenugreek/D364_Herbs.pdf)
- Turmeric [http://nccam.nih.gov/health/turmeric/D367\\_Herbs.pdf](http://nccam.nih.gov/health/turmeric/D367_Herbs.pdf)
- Yohimbe [http://nccam.nih.gov/health/yohimbe/D356\\_Herbs.pdf](http://nccam.nih.gov/health/yohimbe/D356_Herbs.pdf)
- Ginger [http://nccam.nih.gov/health/ginger/D320\\_Herbs.pdf](http://nccam.nih.gov/health/ginger/D320_Herbs.pdf)
- Thunder God Vine [http://nccam.nih.gov/health/tqvine/D400\\_Herbs.pdf](http://nccam.nih.gov/health/tqvine/D400_Herbs.pdf)

## **Supplements - continued**

- Garlic [http://nccam.nih.gov/health/garlic/D274\\_Herbs.pdf](http://nccam.nih.gov/health/garlic/D274_Herbs.pdf)  
Goldenseal [http://nccam.nih.gov/health/goldenseal/D343\\_Herbs.pdf](http://nccam.nih.gov/health/goldenseal/D343_Herbs.pdf)  
Hawthorn [http://nccam.nih.gov/health/hawthorn/D344\\_Herbs.pdf](http://nccam.nih.gov/health/hawthorn/D344_Herbs.pdf)  
Astragalus [http://nccam.nih.gov/health/astragalus/D384\\_Herbs.pdf](http://nccam.nih.gov/health/astragalus/D384_Herbs.pdf)  
Bitter Orange [http://nccam.nih.gov/health/bitterorange/D390\\_Herbs.pdf](http://nccam.nih.gov/health/bitterorange/D390_Herbs.pdf)  
Bilberry [http://nccam.nih.gov/health/bilberry/D312\\_Herbs.pdf](http://nccam.nih.gov/health/bilberry/D312_Herbs.pdf)  
Dietary Supplements What are They? [http://www.extension.iastate.edu/healthnutrition/food/safety/dietary\\_supplements.htm](http://www.extension.iastate.edu/healthnutrition/food/safety/dietary_supplements.htm)  
Can You Benefit from Taking a Dietary Supplement? <http://www.extension.iastate.edu/nutrition/supplements/benefit.php>  
Herbals for Health? <http://www.ext.colostate.edu/PUBS/FOODNUT/09370.pdf>  
Tips For The Savy Supplement User: Making Informed Decisions And Evaluating Information <http://www.cfsan.fda.gov/~dms/ds-savvy.html>

## **Supplements Calcium**

- Calcium and Calorie Content of Selected Foods <http://ag.arizona.edu/pubs/health/az1128.pdf>  
Calcium Supplement Guidelines <http://ag.arizona.edu/pubs/health/az1042.pdf>  
Calcium: A Simple Guide <http://ag.arizona.edu/pubs/health/az1296.pdf>

## **Supplements Minerals**

- Minding Your Minerals <http://www.unce.unr.edu/publications/files/hn/2004/fs0452.pdf>  
Folate (Folacin, Folic Acid) <http://ohioline.osu.edu/hyg-fact/5000/pdf/5553.pdf>  
Iron <http://ohioline.osu.edu/hyg-fact/5000/pdf/5559.pdf>  
Iron: An Essential Nutrient <http://www.ext.colostate.edu/pubs/foodnut/09356.html>  
Potassium and Health <http://www.ext.colostate.edu/pubs/foodnut/09355.html>  
Zinc <http://ohioline.osu.edu/hyg-fact/5000/pdf/5560.pdf>  
Valuing Vitamins <http://www.unce.unr.edu/publications/files/hn/2004/fs0455.pdf>  
Water-Soluble Vitamins <http://www.ext.colostate.edu/pubs/foodnut/09312.html>  
Vitamin C (Ascorbic Acid) <http://www.umm.edu/altmed/articles/vitamin-c-000339.htm>  
Fat-Soluble Vitamins <http://www.ext.colostate.edu/pubs/foodnut/09315.html>  
Vitamin A (Retinol) <http://ohioline.osu.edu/hyg-fact/5000/pdf/5551.pdf>  
Coumadin and Vitamin K Rich Foods <http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-33a.pdf>  
Upper Safe Levels of Intake for Adults: Vitamins and Minerals <http://www.ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=295>

## **Supplements Vitamins**

- Vitamin B6 <http://ods.od.nih.gov/factsheets/vitaminb6.asp>  
Vitamin D <http://ods.od.nih.gov/factsheets/vitamind.asp>

## **Supplements Vitamins - continued**

- Vitamin E Fact Sheet <http://ods.od.nih.gov/factsheets/vitamine.asp>
- Zinc <http://ods.od.nih.gov/factsheets/cc/zinc.html>
- Chromium <http://ods.od.nih.gov/factsheets/chromium.asp>
- Magnesium <http://ods.od.nih.gov/factsheets/magnesium.asp>
- Vitamin A and Carotenoids <http://ods.od.nih.gov/factsheets/vitamina.asp>

## **Water**

- FDA Regulates the Safety of Bottled Water Beverages Including Flavored Water and Nutrient-Added Water Beverages <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm046894.htm>
- Drinking Water Safety in Emergencies <http://www.health.state.mn.us/divs/eh/emergency/water/index.html>
- Health & Nutrition Water: Drink Up! [http://www.arfamilies.org/health\\_nutrition/topics/water.htm](http://www.arfamilies.org/health_nutrition/topics/water.htm)
- Nitrates in Drinking Water <http://www.ext.colostate.edu/PUBS/crops/00517.html>
- Arsenic in Drinking Water <http://ag.arizona.edu/pubs/water/az1112.pdf>
- Arsenic in Arizona Ground Water <http://ag.arizona.edu/pubs/water/az1453.pdf>
- Water: The Nutrient <http://www.ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=296>
- Simple Steps to Save Water at Home <http://www.ca.uky.edu/enri/pubs/enri127.pdf>
- Saving Water during Emergencies <http://www.ca.uky.edu/enri/pubs/enri128.pdf>
- Cleaning and Disinfecting a Cistern <http://www.ca.uky.edu/enri/pubs/enri205.pdf>
- Bacteria <http://www.ca.uky.edu/enri/PUBS/enri208.wtr%20bacteriarev.pdf>
- Laboratories Conducting Soil, Plant, Feed, or Water Testing <http://ag.arizona.edu/pubs/garden/az1111.pdf>
- Gray Water Re-use [http://www.sahra.arizona.edu/programs/water\\_cons/tips/re-use/gray.htm](http://www.sahra.arizona.edu/programs/water_cons/tips/re-use/gray.htm)
- Fluid Tips for Training and Competition <http://cals.arizona.edu/pubs/health/az1387.pdf>
- Fluid First! Get a Slam Dunk with Your Fluids During Sport <http://cals.arizona.edu/pubs/health/az1363.pdf>
- RV Holding-tank Treatments & Deodorizers in Septic System <http://ag.arizona.edu/pubs/water/az1233.pdf>
- Maintaining Your Septic Tank <http://ag.arizona.edu/pubs/water/az1160.pdf>
- Managing Your Household Septic System <http://ag.arizona.edu/pubs/water/az1161.pdf>
- Understanding Your Household Septic System <http://ag.arizona.edu/pubs/water/az1158.pdf>
- Antibacterial Products in Septic Systems <http://ag.arizona.edu/pubs/water/az1258.pdf>
- Operation and Maintenance Tips for your Septic System <http://ag.arizona.edu/pubs/water/az1175.pdf>
- Shock Chlorination of Stored Water Supplies <http://texashelp.tamu.edu/001a-hot-topics/pdfs/2005-sept/shock-chlorination-water-supplies.pdf>
- Water Conservation Checklist for the Home [http://fcs.tamu.edu/housing/efficient\\_housing/water\\_management/water\\_conservation\\_checklist/index.php](http://fcs.tamu.edu/housing/efficient_housing/water_management/water_conservation_checklist/index.php)
- Arizona Domestic Water Wells <http://ag.arizona.edu/pubs/water/az1504.pdf>
- Arizona Drinking Water Well Contaminants <http://ag.arizona.edu/pubs/water/az1503.pdf>
- Water Facts: Home Water Treatment Options <http://ag.arizona.edu/pubs/water/az1498.pdf>

## **Water - continued**

- Nitrate in Private Water Wells <http://cals.arizona.edu/pubs/water/az1486i.pdf>
- Lead in Private Water Wells <http://cals.arizona.edu/pubs/water/az1486j.pdf>
- Microorganisms in Private Water Wells <http://cals.arizona.edu/pubs/water/az1486h.pdf>
- Private Water Well Components <http://cals.arizona.edu/pubs/water/az1486b.pdf>
- Obtaining a Water Sample for Bacterial Analysis <http://cals.arizona.edu/pubs/water/az1486g.pdf>
- Private Well Protection <http://cals.arizona.edu/pubs/water/az1486e.pdf>
- Maintaining Private Water Well Systems <http://cals.arizona.edu/pubs/water/az1486d.pdf>
- Do Deeper Wells Mean Better Water? <http://cals.arizona.edu/pubs/water/az1486c.pdf>
- Water <http://www.ca.uky.edu/agc/pubs/nep/nep217/nep217.pdf>
- Drinking Water and Water Treatment Scams [http://www.aces.edu/waterquality/articles/new/WATER\\_SCAMS3-HD.pdf](http://www.aces.edu/waterquality/articles/new/WATER_SCAMS3-HD.pdf)
- Fixing Leaks Around the Home [http://www.epa.gov/watersense/water\\_efficiency/howto.html](http://www.epa.gov/watersense/water_efficiency/howto.html)
- Use Your Water Source [http://www.epa.gov/watersense/water\\_efficiency/what\\_you\\_can\\_do.html](http://www.epa.gov/watersense/water_efficiency/what_you_can_do.html)
- Lodging Control for Wheat and Barley in Arizona <http://cals.arizona.edu/pubs/crops/az1532.pdf>
- Horticulture? Using and Saving Water in the United States [http://www.epa.gov/watersense/water\\_efficiency/us\\_water\\_use.html](http://www.epa.gov/watersense/water_efficiency/us_water_use.html)
- Integrating Variable Rate Technologies for Soil-applied Herbicides in Arizona Vegetable Production <http://cals.arizona.edu/pubs/crops/az1538.pdf>
- Powdery mildew <http://ag.arizona.edu/pubs/crops/az1033.pdf>
- Well Water Testing and Understanding the Results <http://cals.arizona.edu/pubs/water/az1486f.pdf>
- Matching Drinking Water Quality Problems to Treatment Methods <http://cals.arizona.edu/pubs/water/az1486f.pdf>
- Drinking Water: Storing an Emergency Supply <http://www.ianrpubs.unl.edu/e-public/live/g1536/build/g1536.pdf>
- Arizona Wells: Low Yielding Domestic Water Wells <http://ag.arizona.edu/pubs/water/az1537.pdf>
- Nitrate Contamination Potential in Arizona Groundwater: Implications for drinking Water Wells <http://cals.arizona.edu/pubs/water/az1536.pdf>
- When it Rains it runs off: Runoff and Urbanized areas in Arizona <http://cals.arizona.edu/pubs/water/az1542.pdf>
- Microbial Source Tracking: Watershed Characterization and Source Identification <http://cals.arizona.edu/pubs/water/az1547.pdf>

## **Water - continued**

Playing Safe in Natural Waters: How to Protect yourself from Naegleria  
Fowleri When you go Swimming <http://cals.arizona.edu/pubs/water/az1545.pdf>

## **Wildlife**

Legal Status of Wildlife <http://cals.arizona.edu/pubs/natresources/az1481j>

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