

August 14, 2020

**Rutgers Cooperative Extension of Cape May County Presents Save the Flavor of Summer**

Cape May Court House, NJ – Rutgers Cooperative Extension Family and Community Health Sciences Program of Cape May County will present, *Save the Flavor of Summer* on Tuesday, September 1, 2020. The free canning/food preservation presentation, hosted by the Avalon Free Public Library, will take place virtually via Zoom at 7 p.m.

The program presented by Chris Zellers, Cape May County FCHS Educator/Assistant Professor, will focus on the process of canning. Participants will learn home food safety and preservation techniques for fruits & vegetables. Chris Zellers, FCHS Educator, Cape May County said, “Canning is one way to extend the summer eating season. It provides the opportunity to enjoy healthy, summer fruits and vegetables after their growing season has ended.”

The virtual presentation is free and open to the public, but advanced registration is required. To register go to [https://zoom.us/webinar/register/WN\\_1wfo\\_ATBTQ2pnETEOyJ\\_Nw](https://zoom.us/webinar/register/WN_1wfo_ATBTQ2pnETEOyJ_Nw).

Rutgers Cooperative Extension of Cape May County is not providing in person programming at this time, however, virtual programming is being offered. Please follow us on Facebook at CMC RUTGERSEXT for the latest program details. Also, for up to date information on the Cape May County Family and Community Health Sciences Program, visit our website [capemay.njaes.rutgers.edu](http://capemay.njaes.rutgers.edu).

Rutgers Cooperative Extension helps both youth and adults improve their knowledge and skills, enhance their quality of life, and resolve problems in areas of food, nutrition, health and wellness; food safety; agriculture; environmental and natural resource management; and youth development. This is accomplished through the use of science-based knowledge and university research. Rutgers Cooperative Extension’s education programs are offered to all without regard to race, religion, color, age, national origin, gender, sexual orientation or disability.

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