



# Nutrition, Family, and Consumer Sciences Publications

These publications are available from the University of California Cooperative Extension Nutrition, Family, and Consumer Sciences Program for Fresno County.

Publications are available at the Fresno County UCCE Office, 1720 S. Maple Avenue (south of Butler Avenue), by mail including postage and handling costs, see order form for details. Some publications are available at the website: [cefresno.ucdavis.edu](http://cefresno.ucdavis.edu).

<b>Family Well-Being</b>			<b>Food and Nutrition</b>		
Children and Weight What's a Parent to Do?	5367	10 for \$17.50	How Can I Eat Better....Now!	21246	Free
If my Child is too Fat, What Should I do About It?	21455	\$ 3.00	Piramida de dia con el sabor popular mexicano (A Food Guide Pyramid with a Mexican Flavor) Poster in Spanish presenting a USDA Food Guide Pyramid for Mexican-Americans	21566	\$ 5.00
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Ready or Not? Planning for an Emergency	ANRP014	\$ 4.00			
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Money Sense Calendar	21450	\$ 3.50	Cooking at High Altitudes	2886	Free
			How to Field Dress a Deer	21364	\$ 1.50
			How to Make Neufchatel Cheese Step-by-step instructions	2415	Free
<b>Food Buying</b>			<b>Food Preservation and Storage</b>		
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Choosing Vegetables on the Basis of Cost	2406	Free	Drying Foods at Home Preparation and pretreatment of fruits and vegetables for sun, dehydrator, and oven drying; plans for drying equipment; recipes.	2785	\$2.00
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Food Choices for Good Health	5366	\$ 1.00			
Food Hands and Bacteria	21176	Free			
Fun with Food and Frazer Frog	ANR5380	\$ 3.00			

## Preservation and Storage (Continued)

Safe Methods of Canning Vegetables	8072	\$ .60
Home Freezing of Fruits Preparation, pretreatment, freezing, and storage of a variety of fruits.	2713	\$2.00
Home Freezing of Meats, Poultry, Fish, and Shellfish Preparation, pretreatment, freezing, and storage of a variety of animal products.	2725	\$1.75
Home Freezing of Vegetables Preparation, pretreatment, freezing, and storage of a variety of vegetables.	2724	\$1.75
Home Pickling of Olives/Homemade Olive Oil Curing olive techniques, also Homemade Olive Oil: extracting, washing, and filtering olive oil at home.	2758	\$4.00
Making Jams and Jellies with Little or No Sugar	2992	\$2.00
Making Jellies, Jams, and Preserves Recipes and thorough directions, including guidelines for pectin use.	2803	\$2.00
Peppers - Safe Methods to Store, Preserve, and Enjoy	8004	\$1.50
Quality for Now and Later Three charts. Each 8 1/2" x 17" lists how long and under what conditions food can be stored safely.		
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Cupboard Storage	21473	\$1.00
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All three		\$2.50
Safe Directions for Home Canning Fruits & Tomatoes	5175ES	\$1.75
Safe Methods for Preparing Pickles, Relishes, and Chutneys Procedures and recipes for chutneys, relishes, sauces, catsup, and pickles.	4080	\$ .00
Smoking Fish at Home Preparing, brining, smoking, and storing hot and cold smoked fish and lox.	2669	\$1.50
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Food Habits of the Hmong Information Packet	\$ 5.00
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## Recipe Information

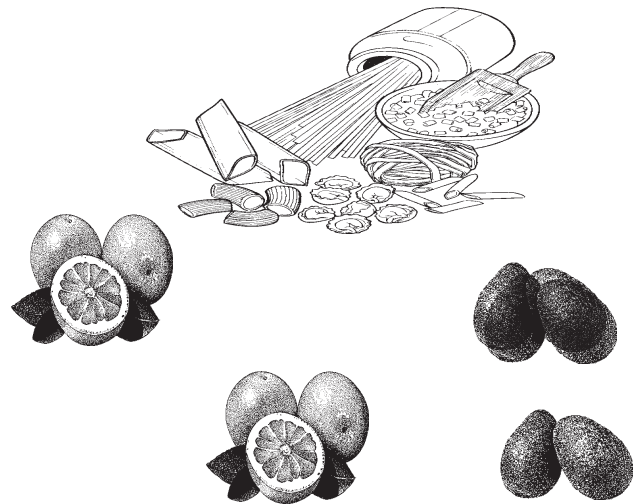
Blanching Vegetables in the Microwave	Free
ABC's of Home-Cured, Green-Ripe Olives	Free
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