

INSIDE GRUNDY COUNTY
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Look What's Coming Up

I thought I would use my column this week to highlight three unique programs that you may have interest in completing. You may have seen these announced in recent news releases but I thought it would be good to remind you once again about them.

Sharpen Your Financial Coaching Skills will begin September 20, 9:00 a.m. at the Black Hawk County Extension office. The course is designed for volunteers, clergy and others working in nonprofit groups and organizations that assist their clients or members with financial management concerns. The five-week course combines two face-to-face sessions with three weeks of online learning. Financial coaching focuses on helping individuals build skills and on teaching content based on the person's unique needs and goals.

Participants learn how to recognize the causes, complexity, and associated stress of financial problems. They also gain tools and strategies they can use to assist their clients with various financial problems. Just as important, the course helps participants recognize client situations that are not appropriate for a non-professional to address and where best to send them for the assistance they need. For more information call 641-512-0650. Registration deadline is September 13.

The first, **Preserve the Taste of Summer** is a new food preservation program offered by Iowa State University Extension. It is a comprehensive program made up of both online lessons and hands-on workshops. Preserve the Taste of Summer is a great opportunity for anyone age eighteen years or older interested in learning safe food preservation techniques. Youth age seventeen years and younger are welcome to participate but will need to do so with a parent or guardian in attendance.

Participation in a hands-on workshop requires the completion of the general overview online lessons and the corresponding subject matter online lesson(s). The online lessons include a general overview of food safety and canning basics. The online method-specific lessons include: canning acid foods, pressure canning low-acid foods, preparation and canning of pickled and fermented foods, making and preserving fruit spreads, freezing food, storage of frozen and refrigerated foods and drying foods.

The nearest hands-on workshop will be held in Waterloo and will begin with a brief review of the overview lesson. The anticipated workshops are: hot water bath canning (salsa making) and freezing, jams and dehydrating, pickle making and pressure canning. Participants can register and pay for the course online at:
www.ucs.iastate.edu/mnet/preservation/home.html.

Pork Quality Assurance Plus® (PQA Plus®) is being offered by The Iowa Pork Industry Center and Iowa State University (ISU) Extension to provide training for pork producers and others who need certification in Pork Quality Assurance Plus®. The program is set for Thursday, September 15 in Fayette. The program will be held at the Fayette County Extension Office, 201 E. Clark. The PQA Plus® session will be from 3 to 5 p.m. Pre-registration is required and a minimum of five participants are needed to hold the meeting. To pre-register, contact the Fayette County Extension office at 563-425-3331.

If you have questions on these or other extension programs, contact the Grundy office of ISU Extension at 319-824-6979.