



Canning & Freezing Workshop

This is a repeat of the first workshop held in March for those who missed it!



Thursday April 29th

6:00-8:00pm

Community Room

Free to Members and Community

Please register at the courtesy desk by April 28th.

Find out how easy it is to preserve your own food. Nancy has 22 years experience in canning and freezing and will help you get started doing it for your self and your family.

- Learn where you can bargain shop for your supplies.
- Get rid of preservatives in the food you eat.
- Eliminate fast food buying and get your fast food from your jars.
- Meal plan around your garden.
- Learn how to create fewer trips to the grocery store.

Our Mission

The Valparaiso Family YMCA is an inclusive, inter-faith charitable organization founded in Christian principles and traditions, dedicated to instilling the values of caring, honesty, respect, and responsibility, and providing for lifelong personal growth and the development of a healthy spirit, mind, and body for all.