

## - WORKSHOP -

# Dehydrate your own Backpacking, Hiking, and Camping Foods!



**REGISTER\***

by **QR code**

or head over to our **website:**

[www.senecacountycce.org](http://www.senecacountycce.org),

**Monday, May 22, 2023 from 6:00pm - 7:30pm at  
CCE Seneca Office, Waterloo**

(3rd floor of Main Street Shop Centre)

**\$10 per person**

\* If you are unable to access the internet, please call CCE Seneca at 315-539-925.

Backpacking and hiking foods need to be lightweight and relatively easy to prepare with minimal gear. Prepackaged backpacking foods can be expensive! For very little money you can learn how to make your own backcountry foods through safe food preservation methods, such as dehydration. This workshop will teach safe dehydration techniques for meats, vegetables, fruits, and combination foods, plus some tips on planning your backcountry meals.

For additional information, contact: Mo Tidball at 315-539-9251 or [mmt65@cornell.edu](mailto:mmt65@cornell.edu).



**Cornell Cooperative Extension of Seneca County**

308 Main Street Shop Centre, Waterloo, NY 13165

315-539-9251 | [seneca@cornell.edu](mailto:seneca@cornell.edu) | [www.senecacountycce.org](http://www.senecacountycce.org) | @cceseneca

*Cornell Cooperative Extension is an equal opportunity, affirmative action educator and employer.*

