

the ROOTS ACADEMY WEBINAR SERIES

WEBINAR 2 EXTENDING SHELF LIFE WITHOUT COMPROMISING QUALITY



Food preservation techniques:
fermenting, pickling, curing, drying



Smart storage systems (FIFO,
labelling, temperature control)



Vacuum sealing and modified
atmosphere storage



Freezing techniques that maintain
texture and flavour



Extending the life of fresh herbs,
dairy, and baked goods



This webinar will take place online via Microsoft Teams
Click **THIS LINK** to join

Food Preservation Methods



CANNING



PICKLING



FERMENTATION



FREEZE
DRYING



25 August

🕒 16:00 - 17:15





South African Association of
Family Ecology and Consumer Science

PROUDLY PRESENTS



Webinar Series

Sustainability, Food Waste Reduction & Maximizing Ingredient Use

Join us for six online webinars on the following topics



— 11 AUGUST —

**Zero-Waste
Kitchen Practices**



— 25 AUGUST —

**Extending Shelf Life
Without Compromising
Quality**



— 8 SEPTEMBER —

**Menu Engineering
for Sustainability**



— 13 OCTOBER —

**Smart Purchasing &
Inventory Control**



— 27 OCTOBER —

**Sustainability in
Hospitality
Operations
(Beyond the Kitchen)**



— 10 NOVEMBER —

**Training Future Chefs &
Hospitality Professionals
in Sustainability
+
The Business Case for
Sustainability**



16:00 – 17:15



All webinars take place
online via
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