

# Helpful Resources



The University of Maine Cooperative Extension has information about storing, freezing, and canning fruits and vegetables in their online publication catalog. They also offer free programs such as the Eat Well Nutrition Education Program and other low or no cost educational workshops. For more information:

- visit their website at [www.extension.maine.edu](http://www.extension.maine.edu)
- call toll free in Maine: 1-800-287-0274

More recipe ideas are available at: <http://recipefinder.nal.usda.gov>

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