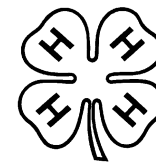




4-H Preserved Foods

Information packet



THIS INFORMATION SHEET IS PREPARED TO HELP THE 4-H LEADERS AND MEMBERS BECOME FAMILIAR WITH THE 4-H PRESERVED FOODS EVENT

Keep this with your project material and refer to the guidelines when any questions arise concerning Preserved Foods event. The information listed here is valuable to you and can serve as review material for your project.

TO PARTICIPATE IN PRESERVED FOOD EVENT:

1. The 4-H member must be enrolled in a 4-H Food Preservation or related project, which has covered food preservation as one unit or more.
2. Applications must be returned to the current Home Arts Day Chairperson (see current year instructions or call the UCCE 4H office) by the deadline date.
3. You must have prepared your entry since the last Home Arts Day.
4. The 4-H member shall have made each entry.
5. Each item shall be labeled with the product name, how it was processed, and date prepared. Label not to exceed 2½" X 2". The name of the exhibitor must not be on the label.
6. You need to bring 1 sealed jar per entry.
7. You must use standard canning jars with two (2) part lid and band closures, DRIED products included. No paraffin allowed or products requiring refrigeration.
8. Dried products should have a handful or more in the jar. Labels must include method and pre-treatment used in preparation, i.e., dehydrator, oven, sun, sulfured, etc., and the date.
9. NON-ACID FOODS - All vegetables, meats, poultry, and fish must be canned UNDER PRESSURE. Low-acid fruit, such as figs, must be made more acidic by adding lemon juice, as directed in the UCCE leaflet, "*Home Canning of Fruits, Vegetables, Meats and Fish*". Tomatoes and fruits must be processed in a simmering water bath.

Food Safety:

Poor food handling practices in the home often cause illness. Lack of sanitation, insufficient processing and improper storage can allow bacteria in food to increase to dangerous levels. What can you do to make food safe?

- ✓ Making sure your hands, dishes, utensils, kitchen equipment and work surfaces are clean.
- ✓ Taking ample precautions in storage, preparing and processing of all foods.

Entry Class:

- | | |
|----------------------|---------------------------|
| 1. Jam | 6. Dried Foods |
| 2. Jellies | 7. Vinegar |
| 3. Pickles, Relishes | 8. Sauces |
| 4. Canned Vegetables | 9. Other (please specify) |
| 5. Canned Fruit | |