This project requires County Director and 4-H Youth Development and Master Food Preserver Advisor approval, as well as participation of Certified Master Food Preservers. Youth interested in this project must have completed the Beginning Food Preservation Project. If you are interested in leading this project, please request a Jr. Master Food Preserver Project Leader Packet from your county 4-H office.

In conjunction with the UC ANR Master Food Preserver Program, this project invites youth to expand their knowledge of the science and art of safe home food preservation and to extend this knowledge with others in their communities.

- Expand existing knowledge of safe home food preservation methods.
- Explore fun facts about nutrition, produce, and the history of food preservation.
- Engage in real life applications of science and mathematics, such as heat transfer, chemistry, and measuring.
- Develop leadership skills while educating others in your community.
- Collaborate with Master Food Preservers to develop effective and engaging presentations.

### 4-H THRIVE

**Light Their Spark**

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find

**Flex Their Brain**

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to

**Reach Their Goals**

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you’re having difficulties reaching your goal. Seek

**Reflect**

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their

### Junior Master Food Preserver

#### 4-H Advanced Food Preservation Project

The activities above are ideas to inspire further project development. This is not a complete list.

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| Successful complete Beginning Food Preservation project | Explore the science and mathematics of preserving. | Challenge yourself with more complex recipes. |
| Learn and identify the four most common methods of preserving | Test your knowledge of the fundamentals of preservation methods. | Educate others on how to find safe and tested recipes. |
| Review basic food handling and food safety practices. | Become familiar with local food systems and identify local produce sources | Expand your home food preservation vocabulary (e.g. microorganisms, oxidation, enzymes). |
| Practice safe kitchen skills—such as cutting with knives and handling boiling water. | Challenge yourself with calculating the total coast of food preservation product, including hidden costs (i.e. labor, transportation), and identify ways on how it can be more economical and sustainable | Pass a certification exam after completing the course. |
| Explore how food preservation influenced history and culture | Research store bought items and compare ingredients and cost with home-preserved products | Complete five hours of educational hours in conjunction with certified Master Food Preservers. |
Expand Your Experiences!

Healthy Living

- Learn more about your local food systems by participating in a farm tour of one of your local farms

Science, Technology, Engineering, and Mathematics

- Examine economic value of home-preserved products (consumer sciences)
- Create a display chart that shows the pH values in your favorite fruits and vegetables and the correct canning method for those foods to be used in public

Citizenship

- Collect extra produce (glean) in your community that would be wasted and preserve it or collaborate with a local glean agency
- Assist certified Master Food Preservers at community events to teach others

Leadership

- Conduct a food preservation demonstration at Presentation Day, Food & Arts Celebration, club meetings or other approved public speaking spaces in conjunction with a Certified MFP
- Volunteer with a Certified MFP at an information booth in the county, such as a Farmers’ Market booth
- Teach others in your 4-H club about safe food handling practices.
- Create a list of sources for safe, tested food preservation recipes and share with others who like to preserve foods.

Presentation Day: Teach others through a presentation on your favorite safe home food preservation method.
Farmer’s Markets: Collaborate with certified Master Food Preservers to encourage others in your community about how to preserve produce at home.
Food Bank Demonstration Sites: Develop partnerships with local Food Banks to teach recipients how they can use home food preservation methods to reduce food waste and increase their food resources.
Contact your county 4-H office to determine additional opportunities available.

All food preservation projects should follow approved resources for preserving. The following curriculum is required for 4-H Jr. Master Food Preservation Project:
- http://nchfp.uga.edu/putitup.html
Other approved resources for Certified Master Food Preservers can be found at:
- http://nchfp.uga.edu/
- https://pubs.wsu.edu/listItems.aspx?CategoryId=262

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

Resources

- So Easy to Preserve Book and DVD
  http://setp.uga.edu
- Table of Temperatures for Food Preservations
  http://nchfp.uga.edu/how/general/food_pres_temps.html
- Table of Temperatures for Water Boiling by Altitude
  http://nchfp.uga.edu/how/general/boil_water_chart.html
- UC Eating Healthy from Farm to Fork
  http://ucanr.edu/sites/letseathealthy/Curriculum/?close=yes
- Put it Up! Food Preservation for Youth Curriculum
  http://nchfp.uga.edu/putitup.html