4-H Beginning Food Preservation Project

This project invites youth and adult volunteers to engage in interactive and informal learning to discover the science and art of safe food preservation.

- Learn a variety of food preservation methods while making delicious foods to later enjoy.
- 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.

<table>
<thead>
<tr>
<th>Starting Out</th>
<th>Learning More</th>
<th>Exploring Depth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>Intermediate</td>
<td>Advanced</td>
</tr>
<tr>
<td>Identify the common equipment and supplies needed for preservation methods.</td>
<td>Experiment with different ways to use preserved food products.</td>
<td>Challenge yourself with more complex recipes.</td>
</tr>
<tr>
<td>Learn how to pick the best produce for preserving.</td>
<td>Practice preservation methods with new types of produce.</td>
<td>Learn how to find safe and tested recipes.</td>
</tr>
<tr>
<td>Review basic food handling and food safety practices.</td>
<td>Explore the science and mathematics of preserving.</td>
<td>Make new food products, like fruit leathers, dill pickles, and vegetable soup.</td>
</tr>
<tr>
<td>Practice safe kitchen skills—such as cutting with knives and handling boiling water.</td>
<td>Test your knowledge of the fundamentals of preservation methods.</td>
<td>Use proper terminology (e.g., microorganisms, oxidation, enzymes).</td>
</tr>
<tr>
<td>Make delicious foods, like strawberry jam, crushed tomatoes, or dried fruit.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

4-H THRIVE

Help youth:

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 how this project excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

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 help from others. What are youth going to do when things get in their way?

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 character or establish connections.
Expand Your Experiences!

Healthy Living

- Learn how to prepare foods safely to prevent sickness.
- Calculate the caloric value of your homemade food products.
- Grow your own fruits and vegetables to preserve.

Science, Technology, Engineering, and Mathematics

- Examine different types of packing in freezing foods.
- Experiment with raw and hot packed beans in the pressure canner. Then consider: What happened? Which end do your like better?
- Create your own chart that shows the pH values in your favorite fruits and vegetables and the correct canning method for those foods.

Citizenship

- Organize an awareness-raising campaign to show how much waste is eliminated by making homemade goods rather than purchasing canned goods from a store.
- Collect extra fruit in your community that would be wasted, and make fruit leathers to donate to homeless shelters.
- Make jam to share with others in your community.

Leadership

- 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.

<table>
<thead>
<tr>
<th>Connections &amp; Events</th>
<th>Curriculum</th>
<th>4-H Record Book</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presentation Days – Share what you’ve learned with others through a presentation.</td>
<td>All food preservation projects should follow approved resources for preserving. In particular, the following resources are particularly appropriate for 4-H food preservation projects:</td>
<td>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.</td>
</tr>
<tr>
<td>Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.</td>
<td>- <a href="http://nchfp.uga.edu/putitup.html">http://nchfp.uga.edu/putitup.html</a></td>
<td>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</td>
</tr>
<tr>
<td>Contact your UC Cooperative Extension Office to determine additional opportunities available, such as a field day.</td>
<td>- <a href="http://nchfp.uga.edu/">http://nchfp.uga.edu/</a></td>
<td>To access the 4-H Record Book online, visit <a href="http://ucanr.edu/orb/">http://ucanr.edu/orb/</a></td>
</tr>
</tbody>
</table>

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

---

**University of California** Agriculture and Natural Resources

---

Author of 4-H Beginning Food Preservation Project Sheet: Katherine Soule

UC ANR 4-H Youth Development Program • http://4h.ucanr.edu
FOR FURTHER INFORMATION

To order or obtain ANR publications and other products, visit the ANR Communication Services online catalog at http://anrcatalog.ucanr.edu/ or phone 1-800-994-8849. You can also place orders by mail or request a printed catalog of our products from

University of California
Agriculture and Natural Resources
Communication Services
2801 Second Street
Davis, CA 95618
Telephone 1-800-994-8849
E-mail: anrcatalog@ucanr.edu

©2018 The Regents of the University of California. This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/4.0/ or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.

Publication 8600

The University of California, Division of Agriculture and Natural Resources (UC ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, status as a protected veteran or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 [USERRA]), as well as state military and naval service.

UC ANR policy prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment. UC ANR policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to any of its programs or activities.

UC ANR is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment and/or participation in any of its programs or activities without regard to race, color, religion, sex, national origin, disability, age or protected veteran status.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University’s equal employment opportunity policies may be directed to: John Sims, Affirmative Action Contact and Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397. Email: jsims@ucanr.edu. Website: http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/.

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.

An electronic copy of this publication can be found at the ANR Communication Services catalog website, http://anrcatalog.ucanr.edu/.

This publication has been anonymously peer reviewed for technical accuracy by University of California scientists and other qualified professionals. This review process was managed by ANR Associate Editor for Human and Community–Youth Development Lynn Schmitt-McQuitty.

California 4-H Project Sheet Series Authors
JOHN BORBA, 4-H Youth Development Advisor, UC Cooperative Extension, Kern County; CLAUDIA DIAZ, 4-H Youth Development Advisor, UC Cooperative Extension, Riverside and San Bernardino counties; MARCEL HOROWITZ, Healthy Youth, Families, and Communities Advisor, UC Cooperative Extension, Yolo County; ANNE IACCOPUCCI, 4-H Healthy Living Coordinator, California State 4-H Office; SHANNON KLISCH; UC CalFresh Community Education Supervisor, UC Cooperative Extension, San Luis Obispo County; KENDRA LEWIS, 4-H Evaluation Coordinator, California State 4-H Office; KATHERINE SOULE, Youth, Families, and Communities Advisor and Director of UC Cooperative Extension, San Luis Obispo and Santa Barbara Counties; and STEVEN WORKER, 4-H Youth Development Advisor, UC Cooperative Extension, Marin, Napa, and Sonoma counties.