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.

### Starting Out
**Beginner**
- Identify the common equipment and supplies needed for preservation methods.
- Learn how to pick the best produce for preserving.
- Review basic food handling and food safety practices.
- Practice safe kitchen skills—such as cutting with knives and handling boiling water.

### Learning More
**Intermediate**
- Experiment with different ways to use preserved food products.
- Practice preservation methods with new types of produce.
- Explore the science and mathematics of preserving.
- Test your knowledge of the fundamentals of preservation methods.

### Exploring Depth
**Advanced**
- Challenge yourself with more complex recipes.
- Learn how to find safe and tested recipes.
- Make new food products, like fruit leathers, dill pickles, and vegetable soup.
- Use proper terminology (e.g., Microorganisms, oxidation, enzymes).

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

**Healthy Living**
- Learn how to prepare foods safely to prevent sickness.
- Calculate the caloric value of your homemade food products.

**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 you like better?
- Create your own chart that shows the pH values in your favorite fruits and vegetables.

**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 produce in your community that would be wasted and preserve it.

**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.

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### Resources

- So Easy to Preserve Book and DVD
  [http://setp.uga.edu](http://setp.uga.edu)
- Table of Temperatures for Food Preservations:
  [http://nchfp.uga.edu/how/general/food_pres_temps.html](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](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](http://ucanr.edu/sites/letseathealthy/Curriculum/?close=yes)

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### Connections & Events

**Presentation Days** – Share what you’ve learned with others through a presentation.

**Field Days** – At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your county 4-H office to determine additional opportunities available, such as a field day.

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### Curriculum

All food preservation projects should follow approved resources for preserving. In particular, the following resource is particularly appropriate for 4-H Food preservation Projects:
- [http://nchfp.uga.edu/putitup.html](http://nchfp.uga.edu/putitup.html)
- [http://nchfp.uga.edu/](http://nchfp.uga.edu/)
- [https://pubs.wsu.edu/listItems.aspx?CategoryId=262](https://pubs.wsu.edu/listItems.aspx?CategoryId=262)

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### 4-H Record Book

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.