CALIFORNIA 4-H PROJECT SHEET

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.

Starting Out *Beginner*	**Learning More** *Intermediate*	**Exploring Depth** *Advanced*
• 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. • Make delicious foods, like strawberry jam, crushed tomatoes, or dried fruit	• 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.	• 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 (eg. Microorganisms, oxidation, enzymes).

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

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

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.

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/
- https://pubs.wsu.edu/listItems.aspx?CategoryID=262

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.

To access the 4-H Record Book online, visit http://ucanr.edu/orb/

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