



# 4-H FOOD PRESERVATION

## BEGINNING LEVEL

**T**he Beginning Level of food preservation is for members of any age who are just starting the project. You might spend up to 3 years in this level as you learn the basic procedures and try the different methods. Some of the things you can learn about in the 4-H Food Preservation project are:

- Making cooked and uncooked jam
- Canning fruit and tomatoes using a boiling water canner
- Freezing fruit
- Drying fruit leather
- Using preserved foods in recipes
- Selecting and using food preservation equipment
- Labeling preserved food correctly
- Keeping food safe to eat

You will learn how to do some of these things at your project meetings. Some things you will learn about and practice at home.

Your leader, parents, or another adult can help you with these activities. Choose from the following activities to do at home.

**Choose at least two each year.**

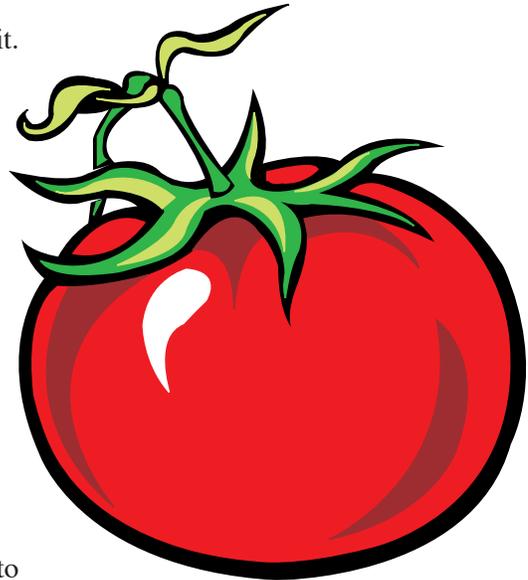
- Can jars of fruit and/or tomatoes using a boiling water canner. Try different berries and other kinds of fruits.

- Freeze containers of fruit. Try different berries and fruit.
- Prepare jam with added pectin, uncooked and/or cooked.
- Make fruit leather. Try different kinds of fruit or combinations.
- Prepare a dish from a recipe using preserved tomatoes.

You'll also have a chance to share what you've learned with others. This might be at your club meetings or in some other way. Some ways are:

- Preparing meals or snacks for your family and friends, using foods you preserved.
- Showing other people how to do something you have learned in the project.
- Making a gift package for someone using some of the foods you preserved.
- Participating in a fair or contest by giving a presentation, entering a food preparation contest, or entering an exhibit.

If you want to exhibit at fair, check the requirements with your 4-H leader. Current classes include: Canned fruit or berries, Canned tomatoes, Fruit leather, Cooked jam, and Gift packs.



Your leader will have more ideas about how your club might share with others. Plan to attend your club meetings and do your best to help make your club a good one.

At some of your club meetings, your leader will provide you with handouts and publications (like this one) to take home. These will tell you about some of the things you need to know as you learn how to can, freeze, and dry foods. Place them in a notebook so they are easy to find.

Please share this publication with your parents. There is a note for them on the back.

# 4-H FOOD PRESERVATION

## BEGINNING LEVEL

4-H 93310 • Page 2 • Revised October 2004

---

### A note to parents...

The 4-H food preservation project is designed so that members will have opportunities for:

- Learning principles of safe food preservation
- Practicing food preservation techniques in canning, freezing, and drying
- Using preserved foods creatively in meals and snacks
- Sharing what is learned in meaningful ways

Some of the specific skills are listed in the note to members on the first page of this publication. Because safety will be an important consideration as members work with heavy jars, hot liquids, and a variety of equipment, your child will need help from you or another family member or friend in learning some of these skills.

For food safety, it is important that members use the most current guidelines for processing temperatures

and times recommended by Oregon State University or the U.S. Department of Agriculture (USDA). Leaders have information for locating the most current recommendations.

Here are some other ways you can help:

- Showing interest and enthusiasm in your child's work.
- Encouraging your child when she or he succeeds, and more important, when things are not going well.
- Providing transportation to local meetings and activities in which your child and other members are interested.
- Supporting your local 4-H leaders by offering to help them. Let them know you appreciate their efforts.

The 4-H Food Preservation project offers your child a variety of experiences—we hope he or she finds the project interesting and fun.

---

*Revised by Elaine Schrupf, Extension specialist, 4-H youth development; original information prepared by Barbara J. Sawyer, Extension specialist emeritus, 4-H youth development, both of Oregon State University.*

© 2004 Oregon State University. This publication may be photocopied or reprinted in its entirety for noncommercial purposes.

Produced and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914. Extension work is a cooperative program of Oregon State University, the U.S. Department of Agriculture, and Oregon counties. Oregon State University Extension Service offers educational programs, activities, and materials—*without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, and disabled veteran or Vietnam-era veteran status.* Oregon State University Extension Service is an Equal Opportunity Employer.

Revised March 1988. Revised October 2004.