



Healthy Living

4-H Food Preservation

North Dakota 4-H Project Sheet

4-H food preservation projects are designed to help you do fun experiments, learn the fundamentals of preserving foods, prepare flavor-filled recipes and reflect on what you've learned. You'll have fun learning about safely preserving food.

- Understand why food is preserved.
- Understand the science of safe food preservation.
- Learn how to prepare, preserve and store foods safely.
- Develop math and science problem-solving skills by preparing recipes and calculating the cost per jar.



Exhibit Ideas

- Make a portfolio or display on how to preserve foods safely or the importance of head space, finger-tight seals and preventing oxidation.
- Make a portfolio or display about food labels for preserved foods or kitchen equipment needed to preserve foods.
- Make a portfolio or display about your favorite food preservation recipes.
- Canned food exhibits—jams, jelly, pickles, fruits, tomato product

Here's what you can do all year!

NDSU EXTENSION SERVICE
NDSU is an equal opportunity institution

Water canning	Making jam	Pickling	Freezing	Drying	Pressure canning
<ul style="list-style-type: none"> • Beginning activity: Can crushed tomatoes. • Advanced activity: Can salsa. • Additional activities: Can tomatoes. • Learn the importance of head space and tight seals. • Understand how altitude affects processing times. • Experiment with a fruit salsa • Plant tomato seeds. • Learn how the acidity of foods affects safe preservation. 	<ul style="list-style-type: none"> • Beginning activity: Make strawberry freezer jam. • Advanced activity: Make strawberry jam with regular pectin. • Additional activities: Make jam. • Learn how jam slows the growth of microorganisms. • Experiment with a variety of crushed fruits. • Learn to evaluate the quality of your finished product. • Learn how to use a knife properly. 	<ul style="list-style-type: none"> • Beginning activity: Make refrigerator pickles. • Advanced activity: Can dill pickles. • Additional activities: Make pickles. • Learn about oxidation of foods. • Plant cucumbers in a garden. • Understand the "fingertip tight" concept. • Plan a meal using pickles. • Learn how vinegar prevents spoilage from microorganisms. 	<ul style="list-style-type: none"> • Beginning activity: Freeze berries. • Advanced activity: Freeze corn-on-the cob . • Additional activities: Freeze fruits and veggies. • Learn how and why foods are frozen. • Demonstrate your knowledge of fruits and vegetables that are in season. • Research which vegetables do not freeze well. • Learn how to blanch foods. 	<ul style="list-style-type: none"> • Beginning activity: Dry fruit. • Advanced activity: Dry fruit leather. • Additional activities: Dry fruits. • Learn about water activity of fruits. • Add your dried fruit to a baked good. • Dry veggies or make veggie leather. • Experiment with adding toppings such as granola, sunflower seeds or peanut butter to fruit leather after it has dried. 	<ul style="list-style-type: none"> • Beginning activity: Can green beans. • Advanced activity: Can tomato veggie soup. • Additional activities: Can vegetables. • Learn about pounds of pressure. • Demonstrate your knowledge of choosing the correct jar size for different foods. • Learn how to test lids for a vacuum seal. • Learn how to peel fruits and veggies.

Learn more at www.ndsu.edu/4h/ or contact your county NDSU Extension office.



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Here are Other Opportunities to Explore Food Preservation:

- Organize a food preservation workshop for your community.
- Plan a special meal that incorporates preserved foods for your family.
- Make a recipe calendar for a gift. Include a food preservation recipe with “in season” fruits and vegetables for each month.
- Assemble a set of favorite food preservation recipes.
- Consider taking an exhibit to the fair for judging and to show what you have learned throughout the year.
- Contact your county NDSU Extension office for local workshops, activities and events.
- Meet others interested in food preservation.
- Learn to analyze nutrition information for the food you preserve.



Pass it on!
Now that you know how, share it with others. Here are ideas to get you started.

Food Preservation Resources

- [Food Preservation ND Project Book](#)
- To request the free curriculum, Put It Up! Food Preservation for Youth, visit <http://nchfp.uga.edu/putitup.html>
- NDSU Extension Service <http://www.ag.ndsu.edu/food/food-preservation>

Communication

- Visit with others who have experience with preserving food.
- Tell your family about the importance of preserving food safely.
- Design a poster about the different food preservation methods.

Recordkeeping

- [Planning for My Project Adventure](#)
- [ND 4-H Project Plan](#)
- [ND 4-H Plan of Action](#)
- [ND 4-H Participation Summary for 11- to 19-year-olds](#)

Other Resources

- Eat Smart. Play Hard. Together. www.ag.ndsu.edu/eatsmart/
- MyPlate (U.S. Department of Agriculture) www.choosemyplate.gov
- Kids a Cookin' - Kansas State Research and Extension www.kidsacookin.org/
- Picture-based Recipes www.ag.ndsu.edu/globalfood/picture_recipes.html

Other 4-H Resources

- [Educational Trunks](#)
- [Healthy ND 4-H Clubs](#)

Citizenship

- Teach community members on how to preserve food safely.
- Volunteer to help with a community garden.

Leadership

- Take responsibility for planting vegetables in the garden.
- Plan to have preserved food at a family event.

Entrepreneurship

- Create your own food preservation cookbook with research-tested recipes and sell it as a fundraiser.

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