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.

Here’s what you can do all year!

### Water canning
- **Beginning activity:** Can crushed tomatoes.
- **Advanced activity:** Can salsa.
- **Additional activities:** Can tomatoes.

### Making jam
- **Beginning activity:** Make strawberry freezer jam.
- **Advanced activity:** Make strawberry jam with regular pectin.
- **Additional activities:** Make jam.

### Pickling
- **Beginning activity:** Make refrigerator pickles.
- **Advanced activity:** Can dill pickles.
- **Additional activities:** Make pickles.

### Freezing
- **Beginning activity:** Freeze berries.
- **Advanced activity:** Freeze corn-on-the cob.
- **Additional activities:** Freeze fruits and veggies.

### Drying
- **Beginning activity:** Dry fruit.
- **Advanced activity:** Dry fruit leather.
- **Additional activities:** Dry fruits.

### Pressure canning
- **Beginning activity:** Can green beans.
- **Advanced activity:** Can tomato veggie soup.

### 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

Learn more at [www.ndsu.edu/4h/](http://www.ndsu.edu/4h/) or contact your county NDSU Extension office.
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.

**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.

**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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**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](http://nchfp.uga.edu/putitup.html)
- NDSU Extension Service [http://www.ag.ndsu.edu/food/food-preservation](http://www.ag.ndsu.edu/food/food-preservation)

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**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 4-H Resources**

- Educational Trunks
- Healthy ND 4-H Clubs

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**Other Resources**

- MyPlate (U.S. Department of Agriculture) [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Kids a Cookin’ - Kansas State Research and Extension [www.kidsacookin.org/](http://www.kidsacookin.org/)
- Picture-based Recipes [www.ag.ndsu.edu/globalfood/picture_recipes.html](http://www.ag.ndsu.edu/globalfood/picture_recipes.html)

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