

FOOD PRESERVATION RECORD

Add this sheet to your 4-H Record Book.

C0781

Date	Food preserved	Pretreatment used (if any)	Method of preservation	Source of instructions	Type of containers or packaging	Units preserved		Time spent preserving each unit*	Quality when used	How preserved food was (will be) used
Example: 9/8/93	sliced peaches in light syrup	dipped in salt/vinegar water	water-bath canned	PNW0199	standard jars	8	quarts	24 minutes	excellent flavor, nice color, slightly soft texture	fruit salads, cobblers

*Total time divided by number of units.

LEARNING AND SHARING ACTIVITIES

As you work on your food preservation project(s) this year, describe major ideas you learn about any or all of the following subjects (for example: save nutrients by having blanching water at a full rolling boil before putting in vegetables). Include how you shared information with others and how you learned (gave a demonstration, "Ways to Save Energy When Preserving Food," to the Crawford Creek 4-H Club; went on a 4-H club field trip to Brown's Solar Systems to learn about different types of food dehydrators).

Food Preparation: _____

Nutrition: _____

Food Safety, Sanitation, and Storage: _____

Food Selection and Shopping: _____

Meal Planning: _____

Serving Courtesy: _____

Using Time and Saving Energy: _____
