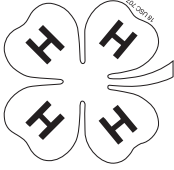
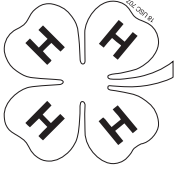


# FOOD PRESERVATION RECORD



Add this sheet to your 4-H Record Book.

C0781E

Date	Food preserved	Pretreatment used (if any)	Method of preservation	Source of instructions	Type of containers or packaging	Units preserved Number      Size	Time spent preserving each unit*	Quality when used	How preserved food was (will be) used
Example: 9/8/97	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: \_\_\_\_\_

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Nutrition: \_\_\_\_\_

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Food Safety, Sanitation, and Storage: \_\_\_\_\_

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Food Selection and Shopping: \_\_\_\_\_

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Meal Planning: \_\_\_\_\_

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Serving Courtesy: \_\_\_\_\_

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Using Time and Saving Energy: \_\_\_\_\_

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4-H 

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