



# Labeling Preserved Foods

## Labeling at Home

Labeling is just as important at home as it is for fairs, although it may not be quite as elaborate. At a later date, you'll want to know what the product is and when you preserved it. You also may want to write down additional information about the way you packed it, ingredients added or left out, or the quantity of food in the container.

### Freezing Labels

#### Information

<b>Date</b>	Date the food was frozen
<b>Product</b>	Type of meat or prepared food, or variety of fruit or vegetable
<b>Additional information</b>	Any information you would like to remember when you serve the food, such as the type of pack for fruit (dry, sugar, syrup), the number of cups, or extra ingredients added

#### Example

<b>Date</b>	<i>August 1, 2000</i>
<b>Product</b>	<i>Blue Lake green beans</i>
<b>Additional information</b>	<i>Salt added</i>

## Labeling for Fair Exhibits

Preserved foods must be labeled for exhibition at both county fairs and the State Fair. Guidelines follow.

### Canning Labels

#### Information

<b>Date</b>	Date the food was canned
<b>Product</b>	Variety (if known)
<b>Pack</b>	Hot or cold
<b>Time</b>	Processing time for boiling water canner or pressure canner
<b>Lbs.</b>	Pounds of pressure for pressure canner

#### Example

<b>Date</b>	<i>August 31, 2000</i>
<b>County</b>	<i>Benton</i>
<b>Name</b>	<i>Sue Jones</i>
<b>Product</b>	<i>Elberta peaches</i>
<b>Pack</b>	Hot _____ Cold <i>X</i>
<b>Time</b>	B.W. Canner <u>  30  </u>
	P. Canner <u>  </u> Lbs. <u>  </u>
	<u>  Junior  </u>
	Division

Source: Carolyn Raab, Extension foods and nutrition specialist, Oregon State University.



## Drying Labels

### *Information*

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<b>Date</b>	Date the food was dried
<b>Product</b>	Type of meat, or variety of fruit or vegetable
<b>Pretreatment</b>	Treatment before drying (for fruits and vegetables)
<b>Drying method</b>	Sun, oven, or dehydrator

### *Example*

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<b>Date</b>	<i>July 3, 2000</i>
<b>County</b>	<i>Union</i>
<b>Name</b>	<i>Tom Smith</i>
<b>Product</b>	<i>Gravenstein apple</i>
<b>Pretreatment</b>	<i>Dipped in ascorbic acid</i>
<b>Drying method</b>	<i>Sun drying</i>

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