



DATE: 7/27/00  
AMOUNT: 200-5  
SHELF: 58  
INVOICE #: 65683

# Family Food Preservation Plan

C. Raab

To plan the amount of preserved food needed by your family you will need to consider:

- The number of times a preserved food will be served each week—this will depend on family preferences
- The approximate size of a serving—use the guide for common serving sizes given below
- The number of weeks preserved food is needed—preserved fruits and vegetables are needed only 36 weeks because fresh produce is available during the summer months
- The number of persons in your family

## Guide to Common Serving Sizes

Produce	Common Serving Sizes
Fruit juice	1/2 cup
Fruits and vegetables	1/2 cup
Meats, poultry, seafoods	1/2 cup (2–3 oz.)
Jams, jellies, preserves	1 Tbsp.
Relishes	1–2 Tbsp.

## Example

### Peaches

Served twice a week (1/2-cup servings) for 36 weeks to a family of four:

- Amount needed per person each week =  
Number of servings a week times size of serving:  
 $2 \times 1/2 \text{ cup} = 1 \text{ cup}$
- Amount needed per person each year =  
Amount needed per person each week times  
number of weeks the preserved food is needed:  
 $1 \text{ cup} \times 36 \text{ weeks} = 36 \text{ cups}$
- Amount needed per family each year =  
Amount needed per person each week times  
number in family:  
 $36 \text{ cups} \times 4 \text{ persons} = 36 \text{ quarts}$

*Prepared by Carolyn Raab, Extension foods and nutrition specialist, Oregon State University.*



OREGON STATE UNIVERSITY  
EXTENSION SERVICE

4-H 93322  
Reprinted July 2000

# Worksheet

	Product	Amount needed per person each week	Amount needed per person each year	Amount needed per year for my family	Method of preservation
Fruits					
Vegetables					
Berries					
Meats, Poultry, Fish					
Pickles					
Jams & Jellies					

This publication was produced and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914. Extension work is a cooperative program of Oregon State University, the U.S. Department of Agriculture, and Oregon counties.

Oregon State University Extension Service offers educational programs, activities, and materials—*without regard to race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, and disabled veteran or Vietnam-era veteran status*—as required by Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973. Oregon State University Extension Service is an Equal Opportunity Employer.

Revised July 1992. Reprinted July 2000.