

4-H Food Preservation Record

Name _____ Girl _____ Boy _____ Grade _____ Yr. born _____

Address _____ City _____ Zip _____ County _____

Club name _____ Leader _____

Year in 4-H _____ Year in Project _____ Date record started _____, _____ Date record closed _____, _____

A record is part of your 4-H project. Keep your record neat, clean, and up to date. Pencil is recommended. If you need help, ask your parents or leader. If you need more space, add notebook paper.

Things I Hope to Do and Learn This Year

New Ways I Used What I Preserved in Meals or Snacks

Ways I Shared What I Learned

Prepared by Barbara Boltes, former Extension 4-H and youth development specialist, Oregon State University, with the assistance of the 4-H Home Economics Development Committee.



What I Did in Food Preservation

(Check all that apply.)

- _____ Boiling Water Canning (fruit, tomato)
- _____ Pressure Canning (meat, poultry, fish, vegetable, tomato)
- _____ Drying (fruit, vegetable, meat, herbs, leathers, other)
- _____ Pickling (fermented, quick, relish, fruit)
- _____ Jams, Jellies, and Preserves (regular, low sugar, freezer)
- _____ Freezing (fruit, vegetable, meat, main dish)

New Skills I Learned in Food Preservation

(List and explain some new skills from the boxes you checked above.)

Amounts of Food Preserved

Date	Amount	Food preserved	Way of preservation	Time (and pressure)
<i>Sample: 8/18/98</i>	<i>5 cups</i>	<i>zucchini</i>	<i>drying</i>	<i>12 hours on high</i>



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