



4-H Food Preservation Record

Name _____ Boy ___ Girl ___ Grade in school ___ Year born _____
(first) (last) (year)

Club name _____ Leader _____ County _____

Year in 4-H _____ Year in this project _____ Date project started _____ Date project closed _____
(mo/day/year) (mo/day/year)

A record is part of your 4-H project. Keep your record neat, clean, and up-to-date. If you need help, ask your parents or leader.

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

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, meal, main dish)

New Skills I Learned in Food Preservation

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

Amounts of Food Preserved

Date	Food	Amount	Method of preserving (Include raw or hot pack; type of dehydrator; type of pressure gauge, pressure and altitude)	Processing time

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