



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

Date	Date the food was frozen
Product	Type of meat or prepared food, or variety of fruit or vegetable
Additional information	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

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

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

Example

Date	<i>August 31, 2000</i>
County	<i>Benton</i>
Name	<i>Sue Jones</i>
Product	<i>Elberta peaches</i>
Pack	Hot _____ Cold <i>X</i>
Time	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

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

Example

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

Intermediate

Division

The Oregon State University Extension Service educates Oregonians by delivering research-based, objective information to help them solve problems, develop leadership, and manage resources wisely.

Extension's 4-H Youth Development program assists young people, their families, and adult volunteers to become productive and self-directing by developing their practical skills and knowledge. Professionals and volunteers together provide educational projects and activities in animal science, home economics, engineering, natural science, horticulture, and expressive arts.

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.
