



4-H FOOD PRESERVATION

A D V A N C E D L E V E L

Members who have completed the Beginning and Expanding levels of the 4-H Food Preservation project are ready for the Advanced Level. There are numerous activities for you to explore. Here are some of the possibilities (**choose at least three each year**):

- Can a concentrated tomato product such as tomato sauce or ketchup.
- Can meat, fish, or poultry. Try several different kinds.
- Can a combination dish that might make the basis for an easy meal.
- Make and preserve salsa by canning.
- Make fermented pickles or sauerkraut.
- Freeze meat, poultry, or fish.
- Freeze casseroles or other dishes to make your own convenience foods.
- Dry meat or poultry jerky.
- Dry herbs and make a seasoning combination.
- Make a food preservation plan. Note the shelf life of the different products.
- Serve three or more preserved foods in meals.
- Use the standards to evaluate your preserved foods for quality and safety.
- Continue to label your products clearly and fully.

For safety reasons, it is important to always use up-to-date, tested methods including processing times and temperatures. Those recommended by Oregon State University or the U.S. Department of Agriculture (USDA) are based on current research and are safe to use.

Your leader will be able to provide you with current information that has been scientifically tested. *The USDA Complete Guide to Home Canning* can be accessed on the Web at http://www.uga.edu/nchfp/publications/publications_usda.html

There are many ways you can share what you learn in the project:

- Give presentations at project meetings, shopping areas, clubs, farmer's markets, or outdoor cookery or backpacking group meetings.
- Make displays for store windows, libraries, or schools.
- Prepare meals or snacks for families and friends, using foods you have preserved.
- Make a gift package for someone using some of the foods you have preserved.
- Become a junior leader or help younger members learn food preservation techniques.
- Participate in fairs or contests in one or more of these ways:
 - An individual educational display
 - A club exhibit

- A presentation
- A foods contest, and/or
- An individual exhibit. Check the exhibit requirements with your 4-H leader or the fair premium book. Current classes include: Canned fish, meat, or poultry; Canned tomato sauce or ketchup; Canned combination dish; Canned salsa; Dried meat or poultry jerky; Dried herb seasoning combination; Fermented pickles or sauerkraut; and Gift packs.

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4-H 93330

Revised October 2004

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Revised July 2002. Revised October 2004.