



4-H Food Preservation Record

Name _____ Girl ____ Boy ____ Age ____ Year born _____
(first) (last)

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. If you need more space, attach another sheet of 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

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 <i>Include raw or hot pack; type of dehydrator; type of pressure gauge, pressure and altitude</i>	Processing Time

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