



COLORADO STATE UNIVERSITY  
EXTENSION

## FOOD PRESERVATION UNITS 40-44

Family Consumer  
Science Projects

Food Preservation Units 40-42 are for youth ages 8-18 years old. Food Preservation Unit 43 is for youth ages 11-18 years old. In this project, you will learn how to freeze and dry foods, can foods, make jams, jellies, pickles and relishes and advanced food preservation. Food preservation is a fun way to reap the benefits of a bountiful garden and learn the art of preserving foods. If you are new to food preservation, you will probably want to start with the first unit and proceed forward. Unit 43 is pressure canning and is for members who are 11-18 years old because of the advanced techniques needed to do this type of canning.

Members will accomplish the following learning experiences:

### Units 40-43

- Learn to preserve foods by freezing, drying, boiling water canning and pressure canning.
- Learn kitchen and food safety rules.
- Learn the seven major methods of food preservation.
- Learn how to safely dry foods to maintain top quality.
- Learn how to use foods you dried in healthy recipes.
- Learn how to safely freeze foods to maintain top quality
- Learn how to use foods you have freezed in healthy recipes
- Learn how to safely preserve fruits, tomatoes, fruits spreads and pickles.
- Learn how to use home canned foods you prepared in healthy recipes.
- Learn how to safely preserve tomato products, vegetables, meats and combinations of meats and vegetables
- Learn how to use home canned foods you prepared in healthy recipes.
- Show others how to preserve food by drying, freezing, boiling water canning or pressure canning.

### Food Preservation Exhibit Requirements per Unit (be sure to check current State Fair Exhibit Requirements for additional requirements):

- Unit 40 & 41 -Drying and Freezing --Two of the following: 1. Packaging for freezing and explanation of use.; 2. Rotation plan for using foods in freezer.; 3. Six rolls of fruit leather or six strips of jerky. Jerky recipes must use Colorado University recommended procedures.; 4. One-half cup of dried fruit.; 5. One-half cup of dried vegetables.
- Unit 42 -Boiling Water Canning --Any three of the following: 1. Two jars of canned fruits (different kinds of fruit in each jar.); 2. One jar of canned fruit and one jar of canned vegetables.; 3. One jar of tomato sauce.; 4. One jar of pickled fruit or vegetable, including chutney.; 5. Two jars of jelly (both must be the same product).; 6. Two jars of jam, conserves, fruit butters, preserves, and marmalades (both must be the same product).; 7. One jar of pickled relish or salsa.
- Unit 43 --Pressure Canning --Three of the following: 1. One jar of canned vegetables.; 2. One jar of spaghetti sauce without meat.; 3. One jar of canned dried beans.; 4. One jar of tomato sauce.; 5. One jar of canned meat.; 6. One jar of canned meat sauces (example: spaghetti sauce with meat, chile con carne, etc.).

### Resources

Food Preservation Unit 40 -Drying MJ1040

Food Preservation Unit 41 -Freezing MJ1041

Food Preservation Unit 42 -Boiling Water Canning MJ1042

Food Preservation Unit 43 -Pressure Canning MJ1043

Food Preservation Tip Sheet

State Fair Exhibit Requirements