



COLORADO STATE UNIVERSITY
EXTENSION

4-H



FOOD PRESERVATION TIP SHEET

Literature Needed:

Leader Literature:

Leader's Guide ---All Units --Member Manuals
MJ1040 Food Preservation Drying, Unit 40
MJ1041 Food Preservation Freezing, Unit 41
MJ1042 Food Preservation Boiling Water Canning, Unit 42
MJ1043 Food Preservation Pressure Canning, Unit 43

Member Literature

MJ1040 Food Preservation Drying, Unit 40
MJ1041 Food Preservation Freezing, Unit 41
MJ1042 Food Preservation Boiling Water Canning, Unit 42
MJ1043 Food Preservation Pressure Canning, Unit 43

Exhibit Requirements can be found at:

http://www.colorado4h.org/project_resources/StateFairExhibitReq.pdf

Score Sheets can be found at:

http://www.colorado4h.org/events_opportunities/state_fair/score_sheet/index.php

e-Records can be found at:

http://www.colorado4h.org/project_resources/e-records

Project Tips:

- All foods must have been preserved since the last state fair by the 4-H member.
- Be sure to label each of your canned products with the correct information. This information can be found on the 4-H website at: www.colorado4h.org/project_resources/StateFairExhibitReq.pdf
- The jars used must be standard jars --Barr or Kerr (imprinted on the side of the jar). All jars must have new two-piece lids. Re-useable lids and one-piece lids are not recommended.
- Decorative storage containers which have a rubber seal are not acceptable for canning exhibits.
- Make sure the jars used do not have any chips or cracks.
- Enter your exhibit in the county fair.
- Share the information learned in talks and displays.

Judging Criteria:

- Completeness of the Food Preservation e-record.
- Neatness and legibility
- E-record includes demonstrations, talks, story and pictures, with at least one action shot of the member doing something with their project.
- Quality of exhibit.