

Healthy Living

FOOD PRESERVATION FREEZING

Rev. 09-20

[Table of Contents](#)

Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Food Preservation Freezing Manual (PNW #650)</i> 📖 2013 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials: <i>None</i></p>	<p>From the manual:</p> <ul style="list-style-type: none"> • Complete four or more activities each year. • Maintain the journal for each of your activities. Record your challenges and observations. • Answer at least two questions from the Reflection section. • Become involved in at least one Citizenship/Leadership activity. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p><i>Optional: Complete a menu plan using food preserved in this project.</i></p>	<ul style="list-style-type: none"> • Food Preservation Freezing Manual (PNW650) • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report <p>Plus one of the following:</p> <ul style="list-style-type: none"> • A poster (14"x22") illustrating something you learned in this project this year. • A photo journal showing how to freeze a food from start to finish. • A display (12"x12"x12") and label some of the equipment you used to complete this project. • An empty freezer container with a correctly completed label. • Recipes and a menu plan using foods you preserved in this project.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To download the Food Preservation Freezing manual visit: http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/freezing</p>		
<p>Optional Support Materials:</p> <ul style="list-style-type: none"> • <i>Freezing Fruits and Vegetables. (PNW #214)</i> https://catalog.extension.oregonstate.edu/pnw214 • <i>Freezing Convenience Foods (PNW #296)</i> https://catalog.extension.oregonstate.edu/pnw296 • <i>Extension Bulletin #1195 – Freezing Meat, Fish and Poultry at Home</i> • <i>So Easy to Preserve (University of Georgia Extension)</i> https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html • <i>National Center for Home Food Preservation available at:</i> http://nchfp.uga.edu/ 		