

# Healthy Living

## FOOD PRESERVATION DRYING

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Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p><b>Youth Materials:</b></p> <ul style="list-style-type: none"> <li>• <i>Food Preservation Drying Manual (PNW #651)</i> 📖 2013</li> <li>• <i>ZSuites 4-H Involvement Report</i></li> <li>• <i>ZSuites 4-H Project Record Book</i></li> </ul> <p><b>Volunteer Materials:</b> <i>None</i></p>	<p>From the manual:</p> <ul style="list-style-type: none"> <li>• Complete four or more activities each year.</li> <li>• Maintain the journal for each of your activities. Record your challenges and observations.</li> <li>• Answer at least two questions from the Reflection section.</li> <li>• Become involved in at least one Citizenship/Leadership activity.</li> <li>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</li> </ul> <p>Complete the following:</p> <ul style="list-style-type: none"> <li>• <i>ZSuites 4-H Involvement Report</i></li> <li>• <i>ZSuites 4-H Project Record Book</i></li> </ul> <p><i>Optional: Complete a menu plan using food preserved in this project.</i></p>	<ul style="list-style-type: none"> <li>• Food Preservation Drying Manual (PNW #651)</li> <li>• ZSuites 4-H Project Record Book</li> <li>• ZSuites 4-H Involvement Report</li> </ul> <p>Plus one of the following:</p> <ul style="list-style-type: none"> <li>• A poster (14”x 22”) illustrating something you learned in this project this year.</li> <li>• A photo journal showing how to dry a food from start to finish.</li> <li>• A display (12”x12”x12”) and label some of the equipment you used to complete this project.</li> <li>• Two dried fruits, in a proper storage container with a correctly completed label.</li> <li>• Two dried vegetables, in a proper storage container with a correctly completed label.</li> <li>• Two dried herbs, in a proper storage container with a correctly completed label.</li> <li>• Recipes and a menu plan using foods you preserved in this project.</li> </ul>
<p><b>County Requirements:</b> Check with your County Extension office for more information.</p>		
<p><b>Support Materials:</b> To download the Food Preservation Drying manual visit: <a href="http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/drying">www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/drying</a></p>		
<p><b>Optional Support Materials:</b></p> <ul style="list-style-type: none"> <li>• <i>Drying Fruits and Vegetables (PNW #397)</i> <a href="https://catalog.extension.oregonstate.edu/pnw397">https://catalog.extension.oregonstate.edu/pnw397</a></li> <li>• <i>How to Dry Foods</i> by Deanna DeLong available for purchase through book stores such as Amazon or Barnes and Noble</li> <li>• <i>So Easy to Preserve (University of Georgia Extension)</i> <a href="https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html">https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html</a></li> <li>• <i>National Center for Home Food Preservation</i> available at: <a href="http://nchfp.uga.edu/">http://nchfp.uga.edu/</a></li> </ul>		