

Healthy Living

FOOD PRESERVATION PRESSURE CANNING

Rev. 09-20

[Table of Contents](#)

Projects & Materials	Requirements	Exhibit Requirements
<p>Ages 14 - 18</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Food Preservation Pressure Canning Manual (PNW #653)</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 Pressure Canning Manual (PNW653) • 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 pressure can a food from start to finish. • A vegetable product, in a proper storage container with a correctly completed label. • A meat product, in a proper storage container with a correctly completed label. • A combination product, in a proper storage container with a correctly completed label. • A tomato product, in a proper storage container with a correctly completed label. • A display (12"x12"x12") and label some of the equipment you used to complete this project. • Recipes and a menu plan using foods you preserved in this project.

County Requirements: Check with your County Extension office for more information.

Support Materials:

To download the Food Preservation Pressure Canning manual visit:

<http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/pressurecanning>

Optional Support Materials:

- *Canning Vegetables (PNW #172)* <https://catalog.extension.oregonstate.edu/pnw172>
- *Guardado de vegetales en conserva (PNW #172s)* <https://catalog.extension.oregonstate.edu/pnw172s>
- *Canning Tomatoes and Tomato Products Ag. (PNW #300)* <https://ir.library.oregonstate.edu/downloads/8623hz01z>
- *Elaboración de conservas de tomates y productos de tomates (PNW #300S)*
<https://catalog.extension.oregonstate.edu/pnw300s>
- *USDA Complete Guide to Home Canning (Ag. Bull.#539)*
https://nchfp.uga.edu/publications/usda/INTRO_HomeCanrev0715.pdf
- *So Easy to Preserve (University of Georgia Extension)* <https://extension.uga.edu/county-offices/henry/family-and-consumer-sciences/so-easy-to-preserve.html>
- *National Center for Home Food Preservation available at:* <http://nchfp.uga.edu/>