

Food & Cooking Food Preservation Boiling Water Canning

Enroll in ZSuite Under this Project Name: FOOD-FOOD PRESERVATION-Boiling Water Canning

Approved for 2023-24 Project Year

Project Description: Everyone loves home-made jellies and jams. Learn how to preserve your own jellies,

jams, fruits, tomatoes, pickles, and other high-acid foods in a boiling water bath canner. Experiment with pectin for thickening, sugar alternatives, and low-sugar recipes.

REQUIRED YOUTH CURRICULUM

Food Preservation Boiling Water Canning Manual (PNW #652), 2013

ZSuite 4-H Involvement Report

ZSuite 4-H Project Record Book

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

Canning Fruits (PNW #199) - Guardado de frutas en conserva (PNW 199S)

<u>Canning Tomatoes and Tomato Products</u> (PNW #300) - <u>Elaboración de conservas de tomates y</u> productos de tomates (PNW 300S)

Pickling Vegetables (PNW #355)

Salsa Recipes for Canning (PNW #395) - Recetas de Salsa para Guardar en Conserva (PNW 395S)

USDA Complete Guide to Home Canning (Ag. Bull. #539)

So Easy to Preserve (University of Georgia Extension)

National Center for Home Food Preservation (www.nchfp.uga.edu/#gsc.tab=0)

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities and includes, but is not limited to, applications, admissions, access to programs and services, and employment. State 4-H scholarships for education or events are available to all 4-H participants. Persons with disabilities who wish to request reasonable accommodation may do so by filling out an online form here, or by requesting the accommodation form from their local Extension 4-H office.



Food & Cooking Food Preservation Boiling Water Canning

PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least four (4) activities each year you are enrolled in the project. Record each activity you
	complete, your challenges and observations in the manual.
	Answer at least two of the questions in the Reflections on Boiling Water Canning section on page 39 of the
	manual.
	Participate in at least one Citizenship/Leadership activity.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related
	to this project. Recommended guidelines for length of oral presentations are:
	Junior: 5-8 minutes
	Intermediate: 8-10 minutes
	Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
Completed Idaho 4-H Involvement Report (ZSuite)	
Completed Idaho 4-H Project Record Book for this project (ZSuite)	
Your completed Food Preservation Boiling Water Canning Manual	
ONE of the following exhibit options:	
 A poster (14" x 22") illustrating something you learned in this project this year. 	
 A labeled photo journal showing how to freeze a food item from start to finish. 	
 Display (12" x 12" x 12") and label some of the equipment used to complete this project. 	
A home-canned tomato product with a correctly completed label.	
A home-canned fruit product with a correctly completed label.	
A home-canned jam or jelly with a correctly completed label.	
A home-canned acidified pickled product with a correctly completed label.	
 Recipes and a menu plan using foods preserved in this project. 	

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities and includes, but is not limited to, applications, admissions, access to programs and services, and employment. State 4-H scholarships for education or events are available to all 4-H participants. Persons with disabilities who wish to request reasonable accommodation may do so by filling out an online form here, or by requesting the accommodation form from their local Extension 4-H office.