MINNESOTA 4-H PROJECT EVALUATION

FOOD PRESERVATION

4-Her Name: ________________________________ Grade: _________

County or Club: ________________________ Years in 4-H: ________ Years in Project: ____

- Purple
- Blue
- Red
- White
- Other

Comments:
- Strengths/accomplishments
- Skills learned
- Areas to work on
- Possible new challenges
- Questions to think about

<table>
<thead>
<tr>
<th>Learning Involved:</th>
<th>50% of Score</th>
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<tr>
<td>Knows and uses appropriate methods to preserve foods.</td>
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<tr>
<td>Knows safety rules for preserving foods.</td>
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<tr>
<td>Was sanitary food handling practices used?</td>
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<tr>
<td>Knows purpose of ingredients used.</td>
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<tr>
<td>Knows nutritional information of the preserved product</td>
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<tr>
<td>Has developed new skills that are appropriate to the age, ability, and interests of the youth.</td>
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<tr>
<th>Workmanship &amp; Techniques of Project:</th>
<th>50% of Score</th>
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<tr>
<td>Shows evidence of proper procedure and preparation.</td>
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<tr>
<td>Were product guidelines followed correctly?</td>
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<td>An appropriate preservation method on preserved product was used.</td>
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<tr>
<td>Information used is accurate, complete, safe, and current for preserved products.</td>
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<tr>
<td>Information is clearly presented, organized, accurate, complete, and logical.</td>
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**General Appearance and Design:**
- The exhibit as presented is clean and labeled correctly.
- Product is uniform and appropriate in size and shape.
- Non-preserved products are neat, attractive, and creative.
- If an educational display is included, it should be well designed, attractive, and easy to read so that it communicates an idea to the people who view it.
### Rules
- All recipes, procedures, and times followed must be according to current USDA and/or Extension, or Ball Book (no family recipes) home food preservation publications. Include recipe and source of recipe, including year published.
- Jars must be heat-tempered glass canning jars.
- All jars must be sealed. Leave screw bands on two-piece jar lids.
- Jellies and jams should be covered with lids.
- Fish must be in pint jars.
- Labels must be attached to each jar or plastic bag – telling name, county, processing time, and method used. Product name, date processed, and name of source of recipe.
- No artificial food coloring should be added to entries.
- Jellies and jams must be processed in boiling water bath according to USDA and/or University of Minnesota food preservation publication.
- No jams, jellies, or spreads needing refrigeration or freezer storage will be accepted.
- Dried foods may be stored in glass jars, self-sealing plastic bags, or airtight plastic bags.
- The quantity of dried foods should be:
  - Fruits and vegetables – ½ cup or more of each
  - Herbs – ½ cup each of six different herbs in whole leaf form
  - Meat – 6 strips
- Canned foods, jams, and jellies: minimum one jar is required

### Guidelines
- The size of the three-dimensional display and posters should be consistent with the size recommended by Minnesota 4-H.
- Projects are not limited to the three-dimensional display or poster or preserved product. Creativity is encouraged outside of preserved products.
- Resources should be credited and documented in the exhibit (e.g., books, internet, 4-H or Extension publications, person with special knowledge, magazine articles, etc.).

### Project Ideas
- Preserved items may be canned, dried, pickled, jellied, or fermented.
- Educational exhibits that relate to food preservation.
- Other ideas related to Food Preservation.

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**Resources Available:**

**Web site for Minnesota 4-H resources:**
- [www.mn4-H.umn.edu/projects](http://www.mn4-H.umn.edu/projects)

4-H Food Preservation Project Guidelines
- [http://umconnect.umn.edu/p16515191](http://umconnect.umn.edu/p16515191)

**Web site for National 4-H resources:**
- [http://www.4-hdirectory.org/](http://www.4-hdirectory.org/)
  - (Click Browse)
- [http://www.4-hmall.org/Curriculum.aspx](http://www.4-hmall.org/Curriculum.aspx)

So Easy To Preserve / University of GA
- [http://www.uga.edu/setp/](http://www.uga.edu/setp/)