



# FOOD PRESERVATION

## Pressure Canning



### Project Overview

The Pressure Canning Project is designed to help 4-Hers learn how to safely preserve tomato products, vegetables, meats and combinations of meats and vegetables. To learn how to use home-canned foods you prepared in healthy recipes and show others how to preserve foods by pressure canning.

### Key Learning Topics

- Pressure canning basics.
- How to make altitude adjustments.
- Selection and preparation of produce, meats, poultry, fish, jars and canning equipment.
- How to use your pressure canner.
- How to test for a seal in processed jars.
- Proper canning of vegetables, mixed vegetables, spaghetti sauce, dry beans, meats, poultry, fish, and combination recipes.

### Expanding the Project

- Volunteer your time to help someone in your area with canning items from the Farmers' Market or their garden.
- Volunteer to help someone in your area with gardening and growing fresh produce.

### Resources

- Water Bath Canning Project Manual
- Pressure Canning Project Manual 400. E-16
- Foods Record Sheet 300.A-20 (R-18)



### Exhibit Guidelines

- One (1) jar Canned Green Beans
- One (1) jar Chile Peppers
- One (1) jar Corn, Whole Kernel
- One (1) jar Carrots
- One (1) jar Green Peas
- One (1) jar Spaghetti Sauce without Meat
- One (1) jar Dried Beans or Peas

### Targeting Life Skills:

- Self-discipline
- Concern for Others
- Healthy Lifestyle Choices
- Wise use of Resources
- Critical thinking
- Problem solving
- Decision Making
- Self-esteem

