



# FOOD PRESERVATION

## Water Bath Canning



### Project Overview

The Water Bath Canning Project is designed to help 4-Hers how to safely preserve fruits, tomatoes, fruit spreads and pickles. How to use home-canned foods you prepared in healthy recipes and to show others how to preserve foods by boiling water canning.

### Key Learning Topics

- Boiling water canning basics.
- Low-acid vs. high-acid foods.
- How to make altitude adjustments.
- Hot packing vs. raw (cold) packing foods.
- Selection and preparation of produce, jars and canning equipment.
- How to test for a seal in processed jars.
- Proper storage and labeling of canned products.

### Expanding the Project

- Volunteer your time to help someone in your area with boiling water canning items from the Farmers' Market or their garden.
- Volunteer to help someone in your area with gardening and growing fresh produce.
- Assist younger 4-H members with this project.

### Resources

- Boiling Water Bath Canning Project Book
- Pressure Canning Project Book
- Foods Record Sheet 300.A-20 (R-18)



### Exhibit Guidelines

- One (1) jar Pickle Relish
- One (1) jar Bread & Butter Pickles
- One (1) jar Fresh Pack Dill Pickles
- One (1) jar Tomatoes, in juice
- One (1) jar Tomato Salsa
- One (1) jar Peaches, Apricots, Nectarines, or Pears
- One (1) jar Berries
- One (1) jar Cherries
- One (1) jar Any variety jelly\*
- One (1) jar Any variety jam\*
- One (1) jar no sugar jam or jelly\*

\*Exception- you may use the recipe of your choice for "any variety or jelly or jam & no sugar jam or jelly". Recipes utilizing alcohol are ineligible.

### Targeting Life Skills:

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

