



FOOD PRESERVATION

Freezing



Project Overview

The Freezing Project is designed to help 4-Hers learn how to safely freeze foods to maintain top quality, how to use frozen foods you prepared in healthy recipes and show others how to preserve foods by freezing.

Key Learning Topics

- Freezing food basics.
- Methods for freezing fruits, juices, vegetables, meats and convenience foods.
- Proper packaging, freezing and thawing your product safely.
- How to create a freezer inventory.
- How to create a menu plan for food from your freezer.

Expanding the Project

- Volunteer your time to help someone in your area with defrosting their freezer and making a freezer inventory.
- Volunteer to help someone in your area with gardening and growing fresh produce.
- Consider making baked goods and freezer jam to share with someone in need.
- Make a freezer meal for someone who has just had a new baby or has been ill.
- Give a presentation or illustrated talk at a club meeting.

Resources

- Freezing Project Book – 100.E-10
- Foods Record Sheet 300.A-20 (R-18)



Exhibit Guidelines

1. Home Freezer Inventory Record (8 1/2"x11") and completed page 34 of the Freezing Project Book.
2. Menu Plan for three (3) meals, using frozen food from your freezer inventory (8 1/2"x11") and completed page 36 of the Freezing Project Book.

Targeting Life Skills:

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

