



# JUNIOR MASTER FOOD PRESERVER 4-H ADVANCED FOOD PRESERVATION PROJECT



## 4-H THRIVE

Help youth:

### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

This project requires County Director, 4-H Youth Development, and Master Food Preserver Advisor approval, as well as participation of Certified Master Food Preservers. Youth interested in this project must have completed the Beginning Food Preservation Project. If you are interested in leading this project, please request a Jr. Master Food Preserver Project Leader Packet. In conjunction with the UC ANR Master Food Preserver Program, this project invites youth to expand their knowledge of the science and art of safe home food preservation and to extend this knowledge with others in their communities.

- Expand existing knowledge of safe home food preservation methods.
- Explore fun facts about nutrition, produce, and the history of food preservation.
- Engage in real life applications of science and mathematics, such as heat transfer, chemistry, and measuring.
- Develop leadership skills while educating others in your community.
- Collaborate with Master Food Preservers to develop effective and engaging presentations.

### Starting Out *Beginner*

- Successfully complete Beginning Food Preservation project.
- Learn and identify the four most common methods of preserving.
- Review basic food handling and food safety practices.
- Practice safe kitchen skills—such as cutting with knives and handling boiling water.
- Explore how food preservation influenced history and culture.
- Research store bought items and compare ingredients and cost with home-preserved products.

### Learning More *Intermediate*

- Explore the science and mathematics of preserving.
- Test your knowledge of the fundamentals of preservation methods.
- Become familiar with local food systems and identify local produce sources.
- Challenge yourself with calculating the total cost of food preservation product, including hidden costs (i.e. labor, transportation), and identify ways it can be more economical and sustainable.

### Exploring Depth *Advanced*

- Challenge yourself with more complex recipes.
- Educate others on how to find safe and tested recipes.
- Expand your home food preservation vocabulary (e.g., microorganisms, oxidation, enzymes).
- Pass a certification exam after completing the course.
- Complete 5 hours of educational hours in conjunction with certified Master Food Preservers.
- Renew your Junior Master Food Preserver certificate by passing an annual recertification exam.

The activities above are ideas to inspire further project development. This is not a complete list.



# Expand Your Experiences!

## Healthy Living

- Learn more about your local food systems by participating in a farm tour of one of your local farms.
- Teach others how to prepare foods safely to prevent sickness.

## Science, Technology, Engineering, and Mathematics

- Examine economic value of home-preserved products (consumer sciences).
- Create a display chart that shows the pH values in your favorite fruits and vegetables and the correct canning method for those foods to be used in public demonstrations and outreach events.

## Citizenship

- Collect extra produce (glean) in your community that would be wasted and preserve it or collaborate with a local glean agency.
- Assist certified Master Food Preservers at community events to teach others about home food preservation methods.

## Leadership

- Conduct a food preservation demonstration at Presentation Day, Food Celebration, club meetings or other approved public speaking spaces in conjunction with a Certified MFP.
- Volunteer with a Certified MFP at an information booth, such as a Farmers' Market booth.
- Teach others in your 4-H club about safe food handling practices.
- Create a list of sources for safe, tested food preservation recipes and share with others.

## Resources

- So Easy to Preserve Book and DVD  
<http://setp.uga.edu>
- Table of Temperatures for Food Preservations  
[http://nchfp.uga.edu/how/general/food\\_pres\\_temps.html](http://nchfp.uga.edu/how/general/food_pres_temps.html)
- Table of Temperatures for Water Boiling by Altitude  
[http://nchfp.uga.edu/how/general/boil\\_water\\_chart.html](http://nchfp.uga.edu/how/general/boil_water_chart.html)
- UC Eating Healthy from Farm to Fork  
<http://ucanr.edu/sites/letseathealthy/Curriculum/?close=yes>
- Put it Up! Food Preservation for Youth Curriculum  
<http://nchfp.uga.edu/putitup.html>

Connections & Events	Curriculum	4-H Record Book
<p><b>Presentation Day:</b> Teach others through a presentation on your favorite safe home food preservation method.</p> <p><b>Farmer's Markets:</b> Collaborate with certified Master Food Preservers to encourage others in your community about how to preserve produce at home.</p> <p><b>Food Bank Demonstration Sites:</b> Develop partnerships with local Food Banks to teach recipients how they can use home food preservation methods to reduce food waste and increase their food resources.</p> <p>Contact your UC Cooperative Extension office to determine additional opportunities available.</p>	<p>All food preservation projects should follow approved resources for preserving. The following curriculum is required for 4-H Jr. Master Food Preservation Project:</p> <ul style="list-style-type: none"> <li>• <a href="http://nchfp.uga.edu/putitup.html">http://nchfp.uga.edu/putitup.html</a></li> </ul> <p>Other approved resources for Certified Master Food Preservers can be found at:</p> <ul style="list-style-type: none"> <li>• <a href="http://nchfp.uga.edu/">http://nchfp.uga.edu/</a></li> <li>• <a href="https://pubs.wsu.edu/listItems.aspx?CategoryID=262">https://pubs.wsu.edu/listItems.aspx?CategoryID=262</a></li> </ul>	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p> <p>To access the 4-H Record Book online, visit <a href="http://ucanr.edu/orb/">http://ucanr.edu/orb/</a></p>



## University of California Agriculture and Natural Resources

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