

# Junior Food Preservation Record Book

Name:	
Leader:	Year in this project:
	Project Goals
List three goals of what you would lik year:	ke to accomplish and/or learn in the Food Preservation project this
1	
2	
3	
	Project Story
	Project Story
you learn? Did you have any challeng	H Food Preservation project this year. What did you like? What did ges or failures this year?

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#### **Project Income**

If you made any items that you sold please complete this section.

Item Sold	Sold to Whom	Date Sold	Money
			Received
demonstrations/presentations	rn the skills for this project? (Project meetir s, contests, etc.)	.Bo, workeriops,	o.usses,

#### **Recipe Reflection Section**

Fill out the information about a recipe you made this year. On the opposite page place a photo of your completed recipe and the recipe card. Add pages as needed.

Product Cost		Looking Back			
Ingredient	Cost	I enjoyed this project because:			
		New skills I learned are:			
Total Cost of Ingredients:	Ş				
Supplies other than canning equipment	Cost				
Ex: jar labels	\$1.29	Were the ingredients readily available? Yes / No			
-		If not, which ones were hard to find?			
		ii not, which ones were hard to find:			
Total Cost of Supplies: \$		Ware the directions easy to follow? Yes / No			
		Were the directions easy to follow? Yes / No			
If I had purchased this, it would	have cost	How did it taste (circle one)?			
\$		Terrible Fair Good Excellent			
Check the correct statement:		Did you use this recipe for food preservation judging? Yes / No			
□ I saved <u>\$</u> b myself.	y making this	If yes, what was your ribbon?			

☐ I did not save money.

Would you make this recipe again? Yes / No

**Photos of Recipe** 

**Copy of Recipe** 

### **Equipment Inventory**

Place a check mark next to the items you used during the year to complete your foods project.

Boiling water canner	Grater		Paper towels
Canning rack	Colander		Dish detergent
Pressure canner	Strainer		Trash bags
Steam canner	Juicer		Apron
Canning jars	Pots		Hair ties
Metal lids	Skillets		Oven
Jar bands	Pans		Convection Oven
Jar funnel	Rubber Spatulas		Microwave Oven
Jar lifter	Metal Utensils		Dishwasher
Bubble remover and	Tongs		Refrigerator
headspace tool	Whisk		Freezer
Magnetic lid lifter	Rolling pin	Οt	her Equipment Used
Food dehydrator	Sifter	Οt	ner Equipment Osed
Food mill	Cooling Racks		
Dry Measuring Cups	Electric Mixer		
Liquid Measuring	Food Processor		
Cups	Blender		
Measuring Spoons	Dish Towels		
Ruler	Pot Holders		
Thermometer	Oven Mitt		
Timer	Plastic containers		
Bowls	Aluminum foil		
Cutting Board	Plastic wrap		
Knives	Plastic bags		
Can Opener	Wax paper		
Bottle Opener	Parchment		
Funnel			

Niobrara County 4-H January 2020

## Photographs of Your 4-H Project

A minimum of four pictures with a descriptive caption for each picture is required. Additional photos can be added. Pictures must be project specific.

#### **Food Preservation Items**

Use as many pages as needed to record ALL foods you prepare during the year. List foods preserved at home, at other locations, at 4-H meetings etc.

Food Preserved	Pressure Canning Pressure Canning	Steam Canning Steam	Freezing O	Dehydrating	Number of Times Preserved	Any Special Modifications (recipe modifications, high altitude adjustments etc.)	Overall evaluation of the food product (color, texture, flavor, appearance, recipe etc.)
Ex. Jalapeno Jelly					3 times	Processed for an additional 10 minutes to adjust for altitude	Great color, awesome flavor, even size jalapeno bits

Food Preserved		tho				Number of Times Preserved	Any Special Modifications (recipe modifications, high altitude adjustments etc.)	Overall evaluation of the food product (color, texture, flavor, appearance, recipe etc.)
	Pre	serv	/atio	n Us	ed			
	Water Bath	Pressure Canning	Steam Canning	Freezing	Dehydrating			
Ex. Jalapeno Jelly						3 times	Processed for an additional 10 minutes to adjust for altitude	Great color, awesome flavor, even size jalapeno bits