

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

Ingredient	Cost

Total Cost of Ingredients: \$ _____

Supplies other than canning equipment	Cost
<i>Ex: jar labels</i>	<i>\$1.29</i>

Total Cost of Supplies: \$ _____

If I had purchased this, it would have cost

\$ _____

Check the correct statement:

- I saved \$ _____ by making this myself.
- I did not save money.

Looking Back

I enjoyed this project because: _____

New skills I learned are: _____

Were the ingredients readily available? Yes / No

If not, which ones were hard to find? _____

Were the directions easy to follow? Yes / No

How did it taste (circle one)?

Terrible Fair Good Excellent

Did you use this recipe for food preservation judging? Yes / No

If yes, what was your ribbon? _____

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
- Canning rack
- Pressure canner
- Steam canner
- Canning jars
- Metal lids
- Jar bands
- Jar funnel
- Jar lifter
- Bubble remover and headspace tool
- Magnetic lid lifter
- Food dehydrator
- Food mill
- Dry Measuring Cups
- Liquid Measuring Cups
- Measuring Spoons
- Ruler
- Thermometer
- Timer
- Bowls
- Cutting Board
- Knives
- Can Opener
- Bottle Opener
- Funnel

- Grater
- Colander
- Strainer
- Juicer
- Pots
- Skillets
- Pans
- Rubber Spatulas
- Metal Utensils
- Tongs
- Whisk
- Rolling pin
- Sifter
- Cooling Racks
- Electric Mixer
- Food Processor
- Blender
- Dish Towels
- Pot Holders
- Oven Mitt
- Plastic containers
- Aluminum foil
- Plastic wrap
- Plastic bags
- Wax paper
- Parchment

- Paper towels
- Dish detergent
- Trash bags
- Apron
- Hair ties
- Oven
- Convection Oven
- Microwave Oven
- Dishwasher
- Refrigerator
- Freezer

Other Equipment Used

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

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	Method of Preservation Used					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.)
	Water Bath	Pressure Canning	Steam Canning	Freezing	Dehydrating			
<i>Ex. Jalapeno Jelly</i>						<i>3 times</i>	<i>Processed for an additional 10 minutes to adjust for altitude</i>	<i>Great color, awesome flavor, even size jalapeno bits</i>

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