



## Food Safety and Preservation

Georgia 4-H Project Achievement empowers young people with skills for a lifetime. Through a competitive process, students explore their interests, unleash their creativity, share their work, and celebrate their achievements! This guide provides 9th—12th graders with examples for getting started with their project exploration.

### Description of Project:

4-H'ers may explore the science of handling, preparing, storing, and preserving foods to prevent food borne illness and protect nutritional values. Through this project 4-H'ers may:

- appreciate food as a resource to be conserved by all
- acquire the knowledge and skills essential for the successful preservation of food through such processes as canning, freezing, pickling, drying, making jams and jellies, etc.
- develop an understanding of the principles of conservation of foods to avoid food waste and maintain the wholesomeness of food
- incorporate food safety principles when planning meals and snacks
- develop an awareness of government and industry regulations to assure a safe food supply
- develop an understanding of the role of food preservation in meal planning
- explore career opportunities related to food safety and preservation

### Overview:

- ⇒ Choose Project
- ⇒ Develop skills in:
  - Project
  - Leadership
  - Service
- ⇒ Prepare portfolio for work completed from January 1—December 31
- ⇒ Prepare presentation
- ⇒ Practice
- ⇒ Compete
- ⇒ Reflect

### Examples of Project Development Experiences:

- Utilize proper techniques for handling, preparing, storing, and preserving foods in the home
- Process foods through freezing, canning, drying, and pickling
- Make jams and jellies from fruits
- Process and prepare meats safely for storage and consumption
- Plan meals that include leftovers using food preservation principles
- Take a ServSafe class on food safety and preservation
- Research government guidelines for proper storage and preservation of food for future use
- Explore career options in food safety and preservation through shadowing and volunteering

## Project Sharing and Helping Examples:

- Teach day camp class on preserving garden vegetables/fruits
- Form a project club focusing on food safety and preservation
- Lead a session on proper food handling
- Demonstrate safe food handling while preparing a snack for your club, school, civic organization, or senior home
- Plan a program on microorganisms and pasteurization for your club
- Invite food site inspection personnel to speak at a club meeting to discuss health scores
- Plan and implement a career fair with specialists from restaurants and public dining facilities
- Record cooking shows in which proper food handling, processing, and storing techniques are demonstrated and show them to community members
- Write/publish recipes with appropriate handling/serving food tips
- Form a summer canning club
- Make and display a healthy foods exhibit for a fair, library, etc.
- Plan and publicize healthy living programs
- Mentor a younger 4-H'er in the Food Safety and Preservation project

## Recommended Resources:

- Georgia4h.org/  
ProjectAchievement
- ChooseMyPlate.gov
- UGA Extension Food Safety—  
[extension.uga.edu/food/safety/](http://extension.uga.edu/food/safety/)
- UGA Extension Food Preservation—  
[extension.uga.edu/food/preservation/](http://extension.uga.edu/food/preservation/)
- National Center for Home Food Preservation—  
[nchfp.uga.edu/](http://nchfp.uga.edu/)
- Fight BAC—[fightbac.org/food-poisoning/about-foodborne-illness/](http://fightbac.org/food-poisoning/about-foodborne-illness/)

## Special Considerations:

- Remember to use best safety practices when handling tools.
- Food should not be prepared as part of this Project Achievement competition presentation.
- Youth should practice internet safety when communicating with new people online or in-person. A best practice is to take a friend or parent to shadow your interview or copy your parent/guardian on online communications with adult mentors.
- When teaching safety, remember to reference official guides in creating presentations and exhibits.
- Contact your local county Extension staff to discuss your plans.

## At Competition:

*Food Safety and Preservation 4-H projects may use posters, artifacts, biofacts, and/or technology to support their presentation. The time limit for these presentations is 12 minutes. Computers, projectors, screens, and other technological devices may be used.*

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Sources:

The University of Georgia CAES. 2016. Project Achievement. <http://www.georgia4h.org/projectachievement/>

