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

**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

[Georgia4h.org/programs/project-achievement](Georgia4h.org/programs/project-achievement)
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/
- UGA Extension Food Preservation—extension.uga.edu/food/preservation/
- National Center for Home Food Preservation—nchfp.uga.edu/
- Fight BAC—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/