

4-H CANNING



**SENIOR
TEENS**

NAME _____

4-H CLUB _____

COUNTY _____

SENIOR TEENS CANNING PROJECT

This project is planned to help the Senior Teen 4-H girl to:

- Acquire the knowledge and skills essential in canning fruits, vegetables, jelly, preserves, etc.
- Help in planning a home food supply for the family and work toward completion of the plan.
- Promote a well-balanced diet and reduce cash expenditures for food by having a home food supply.
- Recognize the importance of fruits and vegetables in the diet.
- Use products raised on the farm.
- Develop leadership talents and to work toward achieving the broad objectives of character and effective citizenship.

Requirements

- Work with mother to make a food conservation plan for your family.
- Can alone 25 quarts of vegetables using the pressure canner.
- Can alone 25 quarts of fruits, tomatoes, juices, jelly, preserves, jams and pickles.
- Help with home canning.
- Storage—location and organization.
- Exhibit your six best jars of food at a 4-H Club meeting, county event, or county or state fair.
- Plan and give a demonstration at a general club meeting, subject matter meeting, or any other group.

- Complete and turn in canning record.
- Keep all records for Longtime 4-H Record Book.

Additional Activities

- Conduct a garden project.
- Conduct a food preparation project using some canned foods in preparing meals.
- Have your pressure canner checked each year for accuracy and safety.
- Help younger club members in canning projects.
- Write talks for radio and television programs, and write articles for newspapers.

Manuals and Reference Books

Ask for these N. C. Agricultural Extension bulletins from your local 4-H canning leader:

- *ABC's of Canning Fruits and Vegetables*, Ext. Circular 271
- *Preserves, Jellies and Jams*, Misc. Pamphlet 200
- *Pickles and Relishes*, Misc. Pamphlet 182
- *4-H Food Preparation Manuals*
- *Pre-teens 4-H Canning Manual*
- *Early-teens 4-H Canning Manual*

NOTE: Use this record book four years. Use one Senior Teens Canning record sheet each year. Summarize each year's project on page 11, before submitting the canning record sheet to your canning leader.

Senior Teens 4-H Canning Record

Canned food reported in this record is to supplement garden fresh fruits and vegetables. Can more food than recommended if fresh fruits and vegetables are not available 6 months during the year.

FOOD CONSERVATION PLAN

RECORD OF FOOD CANNED

Multiply qts. required per person by number in my family to estimate amount to be conserved in each group below.	FOOD Select only the ones your family will eat.	QUARTS CANNED		GROUP TOTALS (Include qts. canned alone & helped with.)
		Alone	Helped With	
GROUP I	ASPARAGUS			
GREEN AND YELLOW FRUITS AND VEGETABLES 25 qts. per person — qts. needed for one or more servings daily.	BEANS, GREEN SNAP			
	BROCCOLI			
	CARROTS			
	CORN, YELLOW			
	OKRA			
	PEACHES, YELLOW			
	PEAS, GARDEN			
	PUMPKIN			
	SQUASH, YELLOW			
	SWEET POTATOES			
EXAMPLE: 5 in family—Multiply 5 by 25 to make 125 qts. needed in Group I for one or more servings daily.	OTHERS			
	GROUP I TOTAL			
GROUP II	TOMATOES			
VITAMIN C RICH 25 qts. per person — qts. needed for one or more servings daily.	TOMATO JUICE			
	GROUP II TOTAL			
GROUP III	BEETS			
OTHER VEGETABLES 25 qts. per person — qts. needed for one or more servings daily.	BEANS, WHITE			
	CORN, WHITE			
	ONIONS			
	PEAS, BLACK-EYED			
	OTHERS			
	GROUP III TOTAL			
GROUP IV	APPLES			
FRUITS, FRUIT JUICES 25 qts. per person — qts. needed for one or more servings daily.	BERRIES			
	CHERRIES			
	FIGS			
	GRAPES			
	PEACHES, WHITE			
	PEARS			
	PLUMS			
	OTHERS			
	GROUP IV TOTAL			
	GROUP V	JELLIES, JAMS, PRESERVES		
ACCESSORY FOODS 8-10 pts. per person 3 qts. per person 4 qts. per person	PICKLES, RELISH			
	BRINED KRAUT, CUCUMBERS			
	GROUP V TOTAL			

(When completed, cut out and submit to your Canning Leader)

1. Total quarts canned alone _____
2. Total quarts helped can _____
3. Grand total of all quarts canned _____
4. Estimated value of total project (at 50¢/qt.) \$ _____

Senior Teens 4-H Canning Record

Date Project completed _____
month day year

(name) (age) (community 4-H club)

(address) (county)

(name of parents) (years in club work)

Number in family living at home _____.

I have carried a canning project _____ years _____.

A. SUMMARY OF CANNING ACTIVITIES

Answer These Questions:

1. Did you make a food conservation plan for your family? _____
 2. Does your family have a garden? _____ Did you conduct a garden project? _____
 3. Did you use food canned in your canning project in preparing meals for your family? _____
 4. Did you conduct a food preparation project? _____
 5. Does your family have a pressure canner? _____
 6. List number of canned foods exhibited at local _____, county _____, district _____, state _____ events.
 7. List ribbons won: Blue _____ Red _____ White _____
 8. Did you write news articles on canning? _____ How many? _____
 9. Did you make talks, present radio and TV programs on canning? _____ How many? _____
 10. Did you present demonstrations on canning? _____ How many? _____
- B. Fill out food conservation plan and record of foods canned (Page 3).
- C. Write a story of what you did and learned in your canning project and attach to this record. Tell of any interesting experiences or activities in your project.
- D. I have checked this record and found it to be satisfactory.

Date _____ Signed _____
4-H Canning Leader

Senior Teens 4-H Canning Record

Canned food reported in this record is to supplement garden fresh fruits and vegetables. Can more food than recommended if fresh fruits and vegetables are not available 6 months during the year.

FOOD CONSERVATION PLAN

RECORD OF FOOD CANNED

Multiply qts. required per person by number in my family to estimate amount to be conserved in each group below.	FOOD <small>Select only the ones your family will eat.</small>	QUARTS CANNED		GROUP TOTALS <small>(Include qts. canned alone & helped with.)</small>	
		Alone	Helped With		
GROUP I	ASPARAGUS				
GREEN AND YELLOW FRUITS AND VEGETABLES 25 qts. per person — qts. needed for one or more servings daily.	BEANS, GREEN SNAP				
	BROCCOLI				
	CARROTS				
	CORN, YELLOW				
	OKRA				
	PEACHES, YELLOW				
	PEAS, GARDEN				
	PUMPKIN				
	SQUASH, YELLOW				
	SWEET POTATOES				
OTHERS					
	GROUP I TOTAL				
GROUP II	TOMATOES				
VITAMIN C RICH 25 qts. per person — qts. needed for one or more servings daily.	TOMATO JUICE				
	GROUP II TOTAL				
GROUP III	BEETS				
OTHER VEGETABLES 25 qts. per person — qts. needed for one or more servings daily.	BEANS, WHITE				
	CORN, WHITE				
	ONIONS				
	PEAS, BLACK-EYED				
	OTHERS				
		GROUP III TOTAL			
GROUP IV	APPLES				
FRUITS, FRUIT JUICES 25 qts. per person — qts. needed for one or more servings daily.	BERRIES				
	CHERRIES				
	FIGS				
	GRAPES				
	PEACHES, WHITE				
	PEARS				
	PLUMS				
	OTHERS				
		GROUP IV TOTAL			
	GROUP V	JELLIES, JAMS, PRESERVES			
ACCESSORY FOODS 8-10 pts. per person 3 qts. per person 4 qts. per person	PICKLES, RELISH				
	BRINED KRAUT, CUCUMBERS				
		GROUP V TOTAL			

1. Total quarts canned alone _____
2. Total quarts helped can _____
3. Grand total of all quarts canned _____
4. Estimated value of total project (at 50¢/qt.) \$ _____

(When completed, cut out and submit to your Canning Leader)

Senior Teens 4-H Canning Record

Date Project completed _____
month day year

(name) (age) (community 4-H club)

(address) (county)

(name of parents) (years in club work)

Number in family living at home _____.

I have carried a canning project _____ years _____.

A. SUMMARY OF CANNING ACTIVITIES

Answer These Questions:

1. Did you make a food conservation plan for your family? _____
 2. Does your family have a garden? _____ Did you conduct a garden project? _____
 3. Did you use food canned in your canning project in preparing meals for your family? _____
 4. Did you conduct a food preparation project? _____
 5. Does your family have a pressure canner? _____
 6. List number of canned foods exhibited at local _____, county _____, district _____, state _____ events.
 7. List ribbons won: Blue _____ Red _____ White _____.
 8. Did you write news articles on canning? _____ How many? _____
 9. Did you make talks, present radio and TV programs on canning? _____ How many? _____
 10. Did you present demonstrations on canning? _____ How many? _____
- B. Fill out food conservation plan and record of foods canned (Page 3).
- C. Write a story of what you did and learned in your canning project and attach to this record. Tell of any interesting experiences or activities in your project.
- D. I have checked this record and found it to be satisfactory.

Date _____ Signed _____

4-H Canning Leader

Senior Teens 4-H Canning Record

Canned food reported in this record is to supplement garden fresh fruits and vegetables. Can more food than recommended if fresh fruits and vegetables are not available 6 months during the year.

FOOD CONSERVATION PLAN

RECORD OF FOOD CANNED

Multiply qts. required per person by number in my family to estimate amount to be conserved in each group below.	FOOD <small>Select only the ones your family will eat.</small>	QUARTS CANNED		GROUP TOTALS <small>(Include qts. canned alone & helped with.)</small>	
		Alone	Helped With		
GROUP I	ASPARAGUS				
GREEN AND YELLOW FRUITS AND VEGETABLES 25 qts. per person — qts. needed for one or more servings daily.	BEANS, GREEN SNAP				
	BROCCOLI				
	CARROTS				
	CORN, YELLOW				
	OKRA				
	PEACHES, YELLOW				
	PEAS, GARDEN				
	PUMPKIN				
	SQUASH, YELLOW				
	SWEET POTATOES				
OTHERS					
	GROUP I TOTAL				
GROUP II	TOMATOES				
VITAMIN C RICH 25 qts. per person — qts. needed for one or more servings daily.	TOMATO JUICE				
	GROUP II TOTAL				
GROUP III	BEETS				
OTHER VEGETABLES 25 qts. per person — qts. needed for one or more servings daily.	BEANS, WHITE				
	CORN, WHITE				
	ONIONS				
	PEAS, BLACK-EYED				
	OTHERS				
		GROUP III TOTAL			
GROUP IV	APPLES				
FRUITS, FRUIT JUICES 25 qts. per person — qts. needed for one or more servings daily.	BERRIES				
	CHERRIES				
	FIGS				
	GRAPES				
	PEACHES, WHITE				
	PEARS				
	PLUMS				
	OTHERS				
		GROUP IV TOTAL			
GROUP V	JELLIES, JAMS, PRESERVES				
ACCESSORY FOODS 8-10 pts. per person 3 qts. per person 4 qts. per person	PICKLES, RELISH				
	BRINED KRAUT, CUCUMBERS				
		GROUP V TOTAL			

1. Total quarts canned alone _____
2. Total quarts helped can _____
3. Grand total of all quarts canned _____
4. Estimated value of total project (at 50¢/qt.) \$ _____

(When completed, cut out and submit to your Canning Leader)

Senior Teens 4-H Canning Record

Date Project completed _____ month _____ day _____ year

_____ (name) _____ (age) _____ (community 4-H club)

_____ (address) _____ (county)

_____ (name of parents) _____ (years in club work)

Number in family living at home _____.

I have carried a canning project _____ years _____.

A. SUMMARY OF CANNING ACTIVITIES

Answer These Questions:

1. Did you make a food conservation plan for your family? _____
 2. Does your family have a garden? _____ Did you conduct a garden project? _____
 3. Did you use food canned in your canning project in preparing meals for your family? _____
 4. Did you conduct a food preparation project? _____
 5. Does your family have a pressure canner? _____
 6. List number of canned foods exhibited at local _____, county _____, district _____, state _____ events.
 7. List ribbons won: Blue _____ Red _____ White _____
 8. Did you write news articles on canning? _____ How many? _____
 9. Did you make talks, present radio and TV programs on canning? _____ How many? _____
 10. Did you present demonstrations on canning? _____ How many? _____
- B. Fill out food conservation plan and record of foods canned (Page 3).
- C. Write a story of what you did and learned in your canning project and attach to this record. Tell of any interesting experiences or activities in your project.
- D. I have checked this record and found it to be satisfactory.

Date _____ Signed _____
4-H Canning Leader

Senior Teens 4-H Canning Record

Canned food reported in this record is to supplement garden fresh fruits and vegetables. Can more food than recommended if fresh fruits and vegetables are not available 6 months during the year.

FOOD CONSERVATION PLAN

RECORD OF FOOD CANNED

Multiply qts. required per person by number in my family to estimate amount to be conserved in each group below.

GROUP I

GREEN AND YELLOW FRUITS AND VEGETABLES

25 qts. per person
— qts. needed for one or more servings daily.

EXAMPLE:

5 in family—Multiply 5 by 25 to make 125 qts. needed in Group I for one or more servings daily.

GROUP II

VITAMIN C RICH

25 qts. per person
— qts. needed for one or more servings daily.

GROUP III

OTHER VEGETABLES

25 qts. per person
— qts. needed for one or more servings daily.

GROUP IV

FRUITS, FRUIT JUICES

25 qts. per person
— qts. needed for one or more servings daily.

GROUP V

ACCESSORY FOODS

8-10 pts. per person

3 qts. per person

4 qts. per person

	FOOD Select only the ones your family will eat.	QUARTS CANNED		GROUP TOTALS (Include qts. canned alone & helped with.)
		Alone	Helped With	
	ASPARAGUS			
	BEANS, GREEN SNAP			
	BROCCOLI			
	CARROTS			
	CORN, YELLOW			
	OKRA			
	PEACHES, YELLOW			
	PEAS, GARDEN			
	PUMPKIN			
	SQUASH, YELLOW			
	SWEET POTATOES			
	OTHERS			
	GROUP I TOTAL			
	TOMATOES			
	TOMATO JUICE			
	GROUP II TOTAL			
	BEETS			
	BEANS, WHITE			
	CORN, WHITE			
	ONIONS			
	PEAS, BLACK-EYED			
	OTHERS			
	GROUP III TOTAL			
	APPLES			
	BERRIES			
	CHERRIES			
	FIGS			
	GRAPES			
	PEACHES, WHITE			
	PEARS			
	PLUMS			
	OTHERS			
	GROUP IV TOTAL			
	JELLIES, JAMS, PRESERVES			
	PICKLES, RELISH			
	BRINED KRAUT, CUCUMBERS			
	GROUP V TOTAL			

1. Total quarts canned alone _____

2. Total quarts helped can _____

3. Grand total of all quarts canned _____

4. Estimated value of total project (at 50¢/qt.) \$ _____

(When completed, cut out and submit to your Canning Leader)

Senior Teens 4-H Canning Record

Date Project completed _____ month _____ day _____ year

(name) (age) (community 4-H club)

(address) (county)

(name of parents) (years in club work)

Number in family living at home _____.

I have carried a canning project _____ years _____.

A. SUMMARY OF CANNING ACTIVITIES

Answer These Questions:

1. Did you make a food conservation plan for your family? _____
 2. Does your family have a garden? _____ Did you conduct a garden project? _____
 3. Did you use food canned in your canning project in preparing meals for your family? _____
 4. Did you conduct a food preparation project? _____
 5. Does your family have a pressure canner? _____
 6. List number of canned foods exhibited at local _____, county _____, district _____, state _____ events.
 7. List ribbons won: Blue _____ Red _____ White _____
 8. Did you write news articles on canning? _____ How many? _____
 9. Did you make talks, present radio and TV programs on canning? _____ How many? _____
 10. Did you present demonstrations on canning? _____ How many? _____
- B. Fill out food conservation plan and record of foods canned (Page 3).
- C. Write a story of what you did and learned in your canning project and attach to this record. Tell of any interesting experiences or activities in your project.
- D. I have checked this record and found it to be satisfactory.

Date _____ Signed _____
4-H Canning Leader

Canning-Year By Year Summary

(Fill out this summary when your canning project is completed. Do this BEFORE you submit record to your canning leader. Be sure to copy this information from your record.)

Date project completed _____

- (1) Total number quarts canned alone
- (2) Total number quarts helped can
- (3) Yearly total (add Nos. 1 and 2)
- (4) Estimated value (50¢/qt.)

Date project completed _____

- (1) Total number quarts canned alone
- (2) Total number quarts helped can
- (3) Yearly total (add Nos. 1 and 2)
- (4) Estimated value (50¢/qt.)

Date project completed _____

- (1) Total number quarts canned alone
- (2) Total number quarts helped can
- (3) Yearly total (add Nos. 1 and 2)
- (4) Estimated value (50¢/qt.)

Date project completed _____

- (1) Total number quarts canned alone
- (2) Total number quarts helped can
- (3) Yearly total (add Nos. 1 and 2)
- (4) Estimated value (50¢/qt.)

	Alone	Helped Can	Yearly total	Value
GRAND TOTAL -----				



I PLEDGE:

My Head to Clearer Thinking:
My Heart to Greater Loyalty:
My Hands to Larger Service: and
My Health to Better Living for
My Club, My Community, and My Country

The Club Motto:

"To Make the Best Better"

The 4-H Club Colors

Green and White



Published by

THE NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

North Carolina State of the University of North Carolina at Raleigh and the U. S. Department of Agriculture, Cooperating. State College Station, Raleigh, N. C., George Hyatt, Jr., Director. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

Club Series 124

January, 1964