



**Enroll in ZSuite Under this Project Name:** FOOD-FOOD PRESERVATION-Boiling Water Canning  
*Approved for 2024-25 Project Year*

**Project Description:** Everyone loves home-made jellies and jams. Learn how to preserve your own jellies, jams, fruits, tomatoes, pickles, and other high-acid foods in a boiling water bath canner. Experiment with pectin for thickening, sugar alternatives, and low-sugar recipes.

#### REQUIRED YOUTH CURRICULUM

[Food Preservation Boiling Water Canning Manual](#) (PNW #652), 2013

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

#### REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

#### SUPPLEMENTAL RESOURCES

[Canning Fruits](#) (PNW #199) - [Guardado de frutas en conserva](#) (PNW 199S)

[Canning Tomatoes and Tomato Products](#) (PNW #300) - [Elaboración de conservas de tomates y productos de tomates](#) (PNW 300S)

[Pickling Vegetables](#) (PNW #355)

[Salsa Recipes for Canning](#) (PNW #395) - [Recetas de Salsa para Guardar en Conserva](#) (PNW 395S)

[USDA Complete Guide to Home Canning](#) (Ag. Bull. #539)

[So Easy to Preserve](#) (University of Georgia Extension)

[National Center for Home Food Preservation](#) ([www.nchfp.uga.edu/#gsc.tab=0](http://www.nchfp.uga.edu/#gsc.tab=0))



## PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least four (4) activities each year you are enrolled in the project. Record each activity you complete, your challenges and observations in the manual.
	Answer at least two of the questions in the Reflections on Boiling Water Canning section on page 39 of the manual.
	Participate in at least one Citizenship/Leadership activity.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> <li>• Junior: 5-8 minutes</li> <li>• Intermediate: 8-10 minutes</li> <li>• Senior: 10-12 minutes</li> </ul>

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your completed Food Preservation Boiling Water Canning Manual
	ONE of the following exhibit options: <ul style="list-style-type: none"> <li>• A poster (14" x 22") illustrating something you learned in this project this year.</li> <li>• A labeled photo journal showing how to freeze a food item from start to finish.</li> <li>• Display (12" x 12" x 12") and label some of the equipment used to complete this project.</li> <li>• A home-canned tomato product with a correctly completed label.</li> <li>• A home-canned fruit product with a correctly completed label.</li> <li>• A home-canned jam or jelly with a correctly completed label.</li> <li>• A home-canned acidified pickled product with a correctly completed label.</li> <li>• Recipes and a menu plan using foods preserved in this project.</li> </ul>