



Enroll in ZSuite Under this Project Name: FOOD-FOOD PRESERVATION-Freezing
Approved for 2024-25 Project Year

Project Description: Freezing food is quick, easy, and convenient. In this project, youth will learn the best ways to prepare, package, freeze, and use frozen fruits, vegetables, jams, meats, main dishes, casseroles and pies.

REQUIRED YOUTH CURRICULUM

[Food Preservation Freezing Manual](#) (PNW #650)

[ZSuite 4-H Involvement Report](#)

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

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

[Freezing Fruits and Vegetables](#) (PNW #214)

[Freezing Convenience Foods](#) (PNW #296)

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

[National Center for Home Food Preservation](#) (www.nchfp.uga.edu)



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 Freezing section on page 37 of the manual.
	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"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

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 Freezing Manual
	One of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") illustrating something you learned in this project this year. • A labeled photo journal showing how to freeze a food item from start to finish. • Display (12" x 12" x 12") and label some of the equipment used to complete this project. • An empty freezer container with a correctly completed label. • Recipes and a menu plan using foods you preserved in this project.