



**Enroll in ZSuite Under this Project Name:** FOOD-FOOD PRESERVATION-Pressure Canning

*Approved for 2024-25 Project Year*

**Project Description:** Pressure canning takes place at higher temperatures than boiling water canning, killing the botulism-causing bacteria that thrive in low-acid foods. Learn how to safely process vegetables, soups, stews, and other low-acid foods in a pressure canner.

**REQUIRED YOUTH CURRICULUM**

[Pressure Canning Project Manual](#) (PNW 653)

[ZSuite 4-H Involvement Report](#)

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

**REQUIRED VOLUNTEER CLUB LEADER CURRICULUM**

none

**SUPPLEMENTAL RESOURCES**

[Canning Vegetables](#) (PNW 172) - [Guardado de vegetales en conserva](#) (PNW 172S)

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

[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)

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## 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 Pressure Canning section on page 36 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 Pressure 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 vegetable product with a correctly completed label.</li> <li>• A home-canned meat product with a correctly completed label.</li> <li>• A home-canned combination product with a correctly completed label.</li> <li>• A pressure-canned tomato product with a correctly completed label.</li> <li>• Recipes and a menu plan using foods you preserved in this project.</li> </ul>

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