



# 4-H FOOD PRESERVATION DEPARTMENT 30

**Superintendent: Kim Weiland**  
**360-740-1212**

**REQUIREMENTS:**

- A. Pressure canning method may be used by Intermediate and Seniors only. Juniors may use hot water bath.
- B. All canned products must be exhibited in standard canning jars, sealed with flat metal lids, with screw bands in place and entry tag attached.
- C. All canning exhibits must be labeled. Use only the State's 4-H label available at the County Extension Office. Name for county entry, label must be placed on lid. Complete label as shown and include lbs. of pressure if pressure cooking method is used. Indicate on labels of canned tomatoes if citric acid or lemon juice has been added (e.g. "1/4 tsp. citric acid added").
- D. All entries must include recipe and source on a 3x5 card, without card entry will drop one placing.
- E. Entry tag must be attached to the jar with rubber band.
- F. Use the most recent Washington State University Extension publications for preservation processing times and methods. These publications are available at county extension offices.
- G. All vegetables and meats must be processed by pressure canner.
- H. Recipes must be provided with all dried meats and all canned pickles, relishes, chutneys, salsa, and sauces (except applesauce).
- I. Do not decorate the lids.
- J. Siblings are strongly encouraged to use different recipes.
- K. Limited to 20 jars in each Class 1 through 12.
- L. Canning USDA website for National Center for Home Food Preservation: [www.uga.edu/nchfp](http://www.uga.edu/nchfp).
- M. Must be enrolled in a foods project.

**DIVISION:**

- A. Junior
- B. Intermediate
- C. Senior

**CLASS:**

		<b>POINTS ALLOWED</b>		
		Blue	Red	White
1.	Jellies.....	8	5	3
2.	Jams (no freezer jams) .....	8	5	3
3.	Preserves .....	8	5	3
4.	Fruit Butter, conserves, marmalade.....	8	5	3
5.	Fruits.....	8	5	3
6.	Vegetables .....	8	5	3
7.	Meat, Seafood, Poultry.....	8	5	3
8.	Pickles and Relishes .....	8	5	3
9.	Tomatoes .....	8	5	3
10.	Flavored Vinegar .....	8	5	3
11.	Salsa.....	8	5	3
12.	Home canned specialties - .....	8	5	3
	Soups, stews, sauces, juice, syrups, etc.			
13.	Menus from the shelf.....	30	20	10

Each participant must plan and exhibit on a poster, menus for meals for one day (3 meals: breakfast, lunch, dinner). Size of poster is limited to 11"x14". Place asterisk by items using the jars of food displayed. The menus must utilize guidelines suggested for good meal planning (i.e. texture, color, method of preparation, utilizing food available and basic four food groups). Three jars of home-canned food must be exhibited with the menu.

## RIBBON AWARDS (If exhibit merits this honor.)

Champion and Reserve Champion each class  
Grand and Reserve Grand Champion. All classes (1-12) combined, one per age division

## SPECIAL AWARDS

See Special Awards Section for any Special Awards.

## DEHYDRATING REQUIREMENTS

- A. Exhibits must be in 1/2 pint canning jar at least 1/3 full.
- B. All dried foods must be labeled. Use only the State's 4-H dehydration label available at the County Extension Office.
- C. Limit of 20 entries per class. No duplication of kinds of exhibits.



- D. Jerky - follow guidelines (PNW 632) available in Extension Office.
- E. Include a 3x5 card explaining what you will use this product for, without card entry will drop one placing.
- F. Identify ingredients especially if it is a mix or a blend.
- G. Dehydration is open to primaries, juniors, intermediates, and seniors.

**DIVISION:**

- A. Junior
- B. Intermediate
- C. Senior
- D. Cloverbud (NON PREMIUM)

**CLASS:**

**POINTS**

**ALLOWED**

	Blue	Red	White
20. Fruits.....	8	5	3
21. Vegetables .....	8	5	3
22. Fruit Leather .....	8	5	3
23. Herbs.....	8	5	3
24. Jerky (must include recipe) .....	8	5	3

**RIBBON AWARDS**

**(If exhibit merits this honor.)**

Champion & Reserve Champion in each division & class.  
 Grand and Reserve Champion – all classes combined (11-15) one per age division