

# Waukesha 4-H Project Guide



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
WAUKESHA COUNTY



Category: Family, Home & Health  
4/2021

<p>4-H Project <b>Food Preservation</b></p>	<p>Subprojects under this project</p> <ul style="list-style-type: none"> <li>• Maple Syrup</li> <li>• Honey</li> </ul>
<p>Things you might learn in this project:</p>	<ul style="list-style-type: none"> <li>• Learn the basics of preserving food safely</li> <li>• Learn to use UW-Extension Safe Food Preservation Series</li> <li>• Canning</li> <li>• Freezing</li> <li>• Dehydrating foods</li> </ul>
<p>Learning activities/ workshops/ field trip ideas:</p>	<ul style="list-style-type: none"> <li>• Visit a food production plant</li> <li>• Tour a grocery store</li> <li>• Visit a local jam or jelly creator</li> </ul>
<p>Ideas of things you might exhibit in the fair:</p>	<ul style="list-style-type: none"> <li>• Jam or Jelly</li> <li>• Apple butter</li> <li>• Dilly Beans or Pickles</li> <li>• Canned vegetables</li> <li>• Pickled beets</li> <li>• Pickled eggs</li> <li>• Canned Salsa</li> <li>• Canned tomato sauce</li> <li>• Dehydrated vegetables</li> <li>• Dehydrated fruit</li> <li>• Jerky</li> <li>• Maple Syrup</li> <li>• Poster on food preservation techniques</li> </ul>
<p>Waukesha County Project Leaders:</p>	<ul style="list-style-type: none"> <li>• Missall, Patricia                      262-706-3203    pappi22@hotmail.com</li> </ul>
<p>References &amp; Resource links:</p>	<ul style="list-style-type: none"> <li>• <a href="https://fyi.extension.wisc.edu/wi4hprojects/family-home-health/foods-nutrition/">https://fyi.extension.wisc.edu/wi4hprojects/family-home-health/foods-nutrition/</a></li> <li>• <a href="https://4h.extension.wisc.edu/opportunities/projects/family-home-health/food-preservation-project/">https://4h.extension.wisc.edu/opportunities/projects/family-home-health/food-preservation-project/</a></li> <li>• <a href="https://foodsafety.wisc.edu/preservation.html">https://foodsafety.wisc.edu/preservation.html</a></li> <li>• <a href="https://www.waukeshacounty.gov/UWEX/FL/FN/">https://www.waukeshacounty.gov/UWEX/FL/FN/</a></li> <li>• <a href="https://nchfp.uga.edu/publications/publications_usda.html">https://nchfp.uga.edu/publications/publications_usda.html</a></li> <li>• <a href="https://learningstore.extension.wisc.edu/collections/food-preservation-and-safety">https://learningstore.extension.wisc.edu/collections/food-preservation-and-safety</a></li> </ul>