



HOME FOOD PRESERVATION Teaching Series

Why teach canning?

Consumers are looking for ways to learn how to safely keep fresh fruits, vegetables, and herbs from their gardens. Over 50% of people surveyed by Ball & Kerr grew a garden in 2020. Many of those wanted information on food preservation. Food preservation done wrong can cause foodborne illness. Consumers need accurate and up to date research based information.



Need a place to start?

Use this teaching series to provide experiential learning as you guide students step by step in safe canning practices. Start with grape jelly to teach basic canning steps. Advance to tomatoes that have more preparation steps and need acid to keep them safe. And finish with carrots in a pressure canner.

Learner Objectives

- Learn to preserve foods at home.
- Understand the importance of canning correctly.
- Demonstrate the proper steps to successfully preserve at home.
- Identify problems and solutions for home food preservation.
- Identify where to find research based information and recipes for home canning.

Setting Up a Class

Class Size - keep class size small so all students have hands on experiences. Make enough jars of products so all students can take home a jar. Class size also depends on the size of the kitchen including stove(s), sinks, and counter space. Class size of 10 or less works well unless you are in a large kitchen with multiple stoves and counter space.

Participants should have basic food preparation knowledge. When youth are participating, we recommend one adult for every 3-4 students. Youth should be 12 or older.

Fees - Negotiate with the location on costs for consumables and mileage for teachers. This will determine the class fee for participants.

Always purchase new jars with lids and rings for teaching the class.

Evaluation - please have students fill out the evaluation either online or paper copy.



HOME FOOD PRESERVATION

Teaching Series

What's Included

Grape Jelly (easiest) - Boiling Water Canner

- Lesson Plan
- Using a Boiling Water Canner - Handout
- Grape Jelly - Handout



Tomatoes (easy) - Boiling Water Canner

- Lesson Plan
- Using a Boiling Water Canner - Handout
- Tomatoes - Handout



Carrots (a bit harder) - Pressure Canner

- Lesson Plan
- Using a Pressure Canner - Handout
- Home Canned Carrots - Handout

Activities

- Canning Scavenger Hunt
- Safe Canning Methods
- Adjusting for Elevation
- Parts of a Canner
- How Savvy are You with Home Canning

Evaluation

- Use the QR code or print copies for participants



Resources:

Nebraska Extension Home Food Preservation

<https://food.unl.edu/food-preservation>

National Center for Home Food Preservation

<https://nchfp.uga.edu/>