## PUT IT UP!

FOOD PRESERVATION FOR YOUTH

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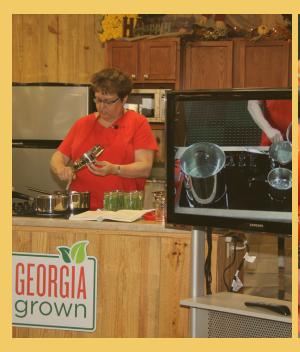


### **NICE TO MEET YOU!**

Kristen Sumpter is a Family and Consumer Sciences Agent in Fulton County. She provides educational classes on food preservation, financial management and local fruits and veggies to both youth and adults.

Alexis Roberts is a Family and Consumer Sciences Agent in Bartow County. As a registered dietitian, Roberts primarily focuses on chronic disease management, food safety, and food preservation.

# CANNING IN 2018







CAREERS

**GET LOCAL** 

**HOBBIES** 

# WHY IS IT IMPORTANT?

• Improper canning techniques can result in not only food quality issues, but more importantly food safety issues.

 A high percentage of home canners use practices that put them at high risk for illness, and even death, injury and economic losses.

• Over 2/3 of home canners do can high-risk low-acid foods

## our statistics

1.8

The risks associated with improper canning techniques

2.2

The proper way to handle canned foods during processing and storage

2.3

Where to find trusted resources on food preservation

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### WHAT GOES WRONG?

01

#### **BOTULISM**

A rare but potentially deadly illness caused by a poison most commonly produced by a germ called Clostridium botulinum. has been linked to improperly canned food.

02

#### **OUTDATED TECHNIQUES**

Re-tests of some previously recommended processes using the best scientific methods indicated that the process did not reach the temperature to the botulism-causing spores throughout the jars

### THE TIME OF PINTEREST

03

About 1/3 of home canners feel free to adapt the directions or procedures they are given in their own way which can be hazardous.

## **HOW CAN IT BE USEFUL?**



### GEORGIA STEM STANDARDS

Emphasizes hands on experimental learning



#### INVOLVE STAKEHOLDERS

Expand your reach outside the classroom



#### **FUNDRAISER**

Promote Family and Consumer Science programming

## What is PUT IT UP?



Food Preservation for Youth



hiversity of Georgia Cooperative Extension and Clemson Cooperative Extension

Put It Up! Food Preservation for Youth curriculum is a series of informal educational lessons that guide youth to explore and understand the science of safe food preservation.

Where can PUT IT UP be taught?

classrooms
after school clubs
4-H programs
youth groups
summer camps







#### You can choose from six different preservation methods:

boiling water canning

jams jellies

pickling

freezing

drying

pressure canning







## EASY FACILITATION

#### **Leader Guide**

- Planning & flow
- Checklist
- Purchase list
- Teaching tips
- Ice breakers
- Activities and games

#### **Lesson Plan**

- Beginner vs.
   advanced lessons
- Background and science of method
- Fun facts
- Experiments
- Reflection and evaluations
- Glossary of terms





#### National Center for Home Food Preservation





Put It Up! Food Preservation for Youth curriculum is a series of it educational lessons that guide youth to explore and understand safe food preservation.

#### What age range is meant by "youth"?

The hands-on food preparation activities are designed for middle however, they are appropriate for 4th- to 12th-graders dependir experience with food preparation and sciences.

#### Who can lead the lessons?

After-school group leaders, summer camp instructors, parents, and clateachers...anyone who is comfortable with food preparation and preservation, or is willing to learn!

If you are not familiar with the basics of food preservation, then materials such as 'Principles of Home Canning' from the USDA C Guide to Home Canning, So Easy To Preserve, publications on the Center for Home Food Preservation website, and/or materials from Cooperative Extension.

#### How are the lessons organized?

The series is composed of six different food preservation method

## FINDING THE CURRICULUM

http://nchfp.uga.edu/putitup.html

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#### Want to hear more about how we developed the curriculum?

Watch and listen to a recording of the webinar "Teaching Youth How to Put It  $\underline{Up}$ ". Having trouble watching the video? Use  $\underline{VLC}$  Media Player to view it.

#### Have questions about adopting Put It Up! to your youth program?

You are welcome to use the curriculum as is in your programs. If you have questions about adopting or adapting the curriculum to your particular program, please contact us at foodpres@uga.edu.

#### How do I get a copy of the lessons?

To access pdf files of the curriculum, please click the link below and complete the request form. Once you submit the request form you will receive a username plassword, and webpage address with the curriculum files. PLEASE DO NOT STARE THIS USE NAME/PASSWORD/WEBSITE INFORMATION WITH ANYONE Fig. In order to continue to be able to offer the curriculum at no list, we have gather formation about who is using it and how it is being used. Thank you very much for honoring our request.

#### Request the Curriculum

I've already completed the request form, go to the curriculum.

The series is composed of six different food preservation method

## INTERESTED IN LEARNING MORE?

### Pickling Hands-on Teacher Training

April?

Atlanta Area

FREE

Add your email to the evaluation if interested

### **WE NEED YOUR INPUT!**

## "WE MAKE A LIVING BY WHAT WE GET, BUT WE MAKE A LIFE BY WHAT WE GIVE"

-Winston Churchill

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Thank YOU for teaching the next generation!