

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OUTDATED TECHNIQUES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

03

THE TIME OF PINTEREST

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



Brought to you by the
National Center for Home Food Processing and Preservation,
University 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



**LET'S MAKE
STRAWBERRY
FREEZER
JAM!**



TASTE TEST



FINDING THE CURRICULUM



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

Put It Up! Food Preservation for Youth curriculum is a series of 11 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 school; however, they are appropriate for 4th- to 12th-graders depending on their experience with food preparation and sciences.

Who can lead the lessons?

After-school group leaders, summer camp instructors, parents, and other Extension educators, farm to school programmers, and classroom teachers...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 Canning 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 methods.



FINDING THE CURRICULUM

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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 Up](#)". Having trouble watching the video? Use [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, password, and webpage address with the curriculum files. PLEASE DO NOT SHARE THIS USERNAME/PASSWORD/WEBSITE INFORMATION WITH ANYONE ELSE. In order to continue to be able to offer the curriculum at no cost, we must gather information about who is using it and how it is being used. Thank you very much for honoring our request.

[Request the Curriculum](#)

If I've already completed the request form, go to the [curriculum](#).

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!*