PUT IT UP!
FOOD PRESERVATION FOR YOUTH

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NICE TO MEET YOU!

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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OUTDATED TECHNIQUES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?

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

Who can lead the lessons?

After-school group leaders, summer camp instructors, parents, 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, 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.
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**How are the lessons organized?**
The series is composed of six different food preservation methods: canning, pickling, freeze drying, air drying, microwave processing, and dehydrating. Each lesson specifically guides the youth through an activity that embodies at least one of the methods.

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 WEBPAGE ADDRESS 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
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!