

UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE
AGRICULTURAL EXTENSION SERVICE

Columbia, Missouri

June, 1954

LEADERS GUIDE
Food Preservation IV

(To be used with 4-H Circular 122)

Project Requirements

Each member should complete at least 3 out of the 5 following requirements:

1. Plan a food preservation budget for your family. (Each member should do this.)
2. Can at least 3 jars of meat and 3 jars of chicken.
3. Freeze at least 3 kinds of food that can be used in the same meal.
4. Make at least 5 jars of different sweets. (Jellies, preserves, etc.)
5. Freeze at least 2 kinds of baked products.

Your Responsibilities as a Project Leader

- I. Before the First Meeting:
 1. Obtain project material and read it.
 2. Plan subjects of project meetings.
 3. Plan and call first project meetings.
- II. Teach Members To:
 1. Use good practices in food preservation.
 2. Demonstrate in project.
 3. Judge in project.
 4. Keep records.
- III. General Responsibilities:
 1. Set up, organize and call project meetings.
 2. See that Jr. Project Chairman reports at community club meetings.
 3. See that your project's demonstrations are given at community club meetings when called for.
 4. Submit records when called for.

Suggested Outline for Most Project Meetings

- I.
 1. Report from members on work done at home
 2. Discussion of:
 - a. Problems brought up by members
 - b. Subject of current lesson
 3. Demonstration of new practice by leader.
 4. Demonstration by one or two members on some subject previously learned. Could be demonstration taught at last project meeting.
 5. Work session on new practice if possible.
 6. Judging or scoring of products when possible.
 7. Check project records.
- II. Business meeting - if needed - presided over by Jr. Project Chairman.

Suggested Subjects or Themes For Project Meetings

1. Organization meeting
 - a. Give out literature and discuss.
 - b. Discuss requirements.
 - c. Elect Jr. project chairman
2. Food preservation budget
Have members do this at meeting
3. Canning meats
4. Canning poultry
5. Freezing foods for meals, soups, plate meals
6. Freezing baked products
7. Gift packages of food
8. Meeting on completing Project Records

References for Leaders

Obtain these circulars from County Extension Office

1. Teaching by Demonstration
2. Sharpen Your Judgement
3. Canning Guide for the Homemaker
4. Freezing Meats, Fish and Poultry for Family Use
5. Home Freezing of Fruits and Vegetables (USDA)

UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE AND THE UNITED STATES DEPARTMENT OF AGRICULTURE COOPERATING

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