

PANTRY PEACE WORKSHOP – WEEK THREE: PRESERVE

Worksheet & Homework Checklist

This worksheet supports Week Three: PRESERVE. Use it to identify the preservation methods you want to focus on, plan this week's homework, and track your progress with a simple checklist.

1. Choose Your Preservation Method for This Week

- Water-Bath Canning
- Pressure Canning
- Dehydrating
- Freeze Drying
- Freezer Banking (Freezing meals or components)

2. This Week's Homework

Complete one preservation project using your chosen method. Examples:

- Water-Bath Canning: Make jam, applesauce, pickles.
- Pressure Canning: Can beans, broth, chicken, or chili.
- Dehydrating: Dry apples, onions, peppers, or herbs.
- Freeze Drying: Preserve leftover meals or fruits.
- Freezer Banking: Portion cooked meats, create veggie packs, or freeze starters.

Describe your project below:

3. Preservation Checklist

- I selected my preservation method for the week.
- I gathered all necessary equipment and supplies.
- I followed safety guidelines for my method.
- I completed my preservation project.
- I labeled and stored my finished jars/pouches/bags properly.

[] I documented what I preserved in my pantry inventory.

4. Notes
