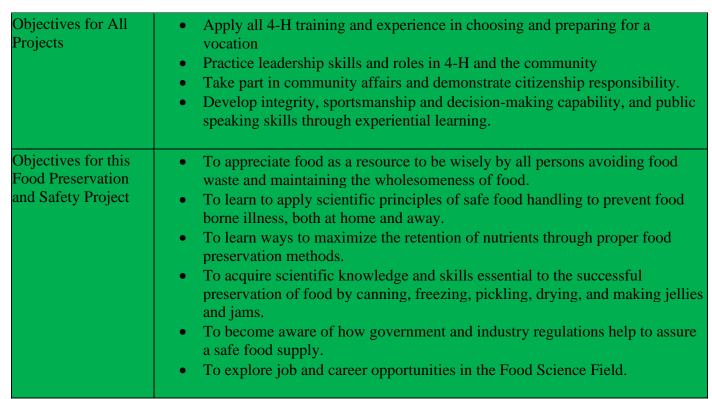
Arkansas 4-H Project Reflection

Food Preservation and Safety Project

Year





I worked toward the following objectives this year: (list)

List talks and illustrated presentations related to the projects reported by title.

I cai

Name

What have you learned in this project?

List what you have learned as a result of participation in the project along with skills you have acquired related to the project.

Leadership Experiences in this project

4-H Leadership

Other Leadership

Citizenship Experiences in this project

4-H Citizenship

Other Citizenship

Arkansas 4-H Project Reflection

Participation in the 4-H Food Preservation and Safety Project



Include the amount of project work (number of items, number of times, etc.) along with related experiences such as tours, public speaking, research, career exploration, etc.)

Activity – These are examples – add or delete categories as needed	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total
Practice safe food preservation													
Item Canned													
Items froze													
Items Pickled													
Items Dried													
Jams and Jellies preserved													
Demonstrations													
4-H club programs on food safety													
County Fair/State Fair entries													
Other Food Contests													
Meals/Snacks Prepared using preserved food													
Project Related Exhibits													
Books/Articles read													<u> </u>
Tours													
Project related employment/volunteer work (hours)													

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer