

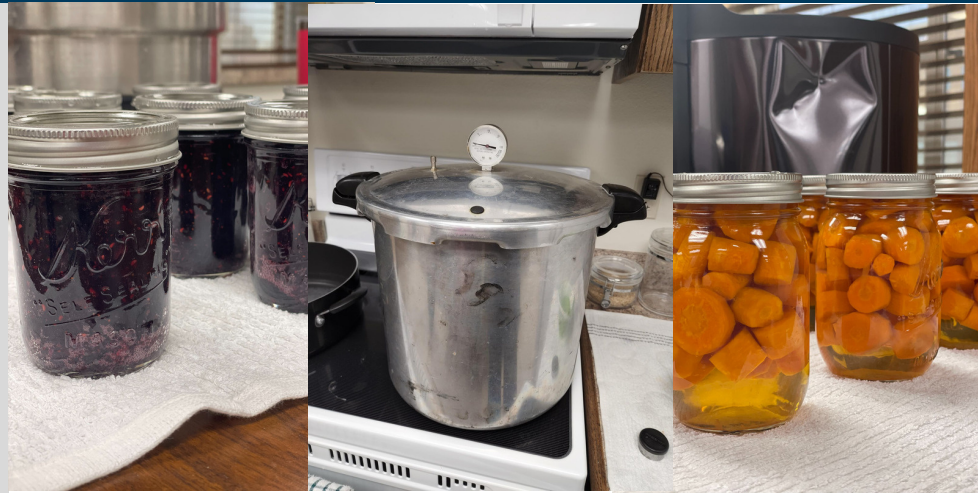
Food Preservation Relevance

There has been an increase in people preserving foods at home. Families are needing their food to last longer and to stretch their food dollars. Many families are planting gardens and, as a result, showing interest in food preservation, canning, and food storage to extend to shelf-life of their harvest.

At-home food preservation has increased since the pandemic in 2022. According to Wall Street Journal, there has been a:

- 39% increase in food and preservation supplies sales
- 60% increase in canning jars sales,
- 64% increase in the production of All-American Corp. pressure canners.

Additionally, a USDA study found most people rely on family/friends as a resource for food preservation information. Only 10% utilize Extension as a resource, showing a large need for education on safe recipe selection.



Education to help Sustain Foods Longer and Safer

In 2022, the South Plains District Food Preservation committee focused on conducting in-person trainings in locations that could reach throughout the district. Lubbock County also held a local canning class for 4-H families. The hands-on workshops included the following education and activities:



Overview of all methods of food preservation



Water Bath Canning basics including safety information for jams/jellies, pickles, and salsas, and preserving Salsa



Pressure canning basics, safety, and preserving carrots

Workshops held:

- May 2022--AgriLife extension agents 16 participants
- July 2022--Hale County-Plainview TX, 5 participants
- July 2022--Lubbock County-Lubbock, TX, 9 participants
- August 2022--Scurry County-Snyder, TX, 7 participants
- September 2022--Lubbock County 4-H Family Canning Class, 12 participants (5 adults, 7 youth)

Results

Pre- and Post-Surveys, as well as a 60 day follow-up survey, were conducted for the South Plains Preserving Your Harvest Workshops.

KNOWLEDGE GAINED

38%

of participants had used Open Kettle practices to process food in the last year. This unsafe method is not recommended for any use. 100% indicated they would not use it in the future.

Before Series

After Series

8%

participants surveyed had used a pressure canner

92%

felt confident they could use a pressure canner

91%

surveyed rated their knowledge and skills as Good to Excellent after the series

98%

indicated they would only seek safe and tested recipes for future food preservation.



49

Attendees at the four district workshops and one family canning class



208

Jars canned safely by participants since virtual session



54

Pressure canner gauges tested for safety

ECONOMIC IMPACT

68%

participants indicated food preservation will have an economic impact to their household

72%

surveyed planned to update their equipment or bought new

SUMMARY

Preserving foods through canning, freezing, dehydration, and fermenting allows families to enjoy their favorite foods without spoiling for an extending period of time. The key to safely canning at home begins with safe, tested recipes and safe practices. Extension education is a key component in teaching food preservation safety.



"Fun interactive class that helped me feel confident to preserve food at home"



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