



# *Canning's not just for Grannies: Preserving Your Harvest*

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Introductions

Take Aways

Methods

Preservation  
considerations

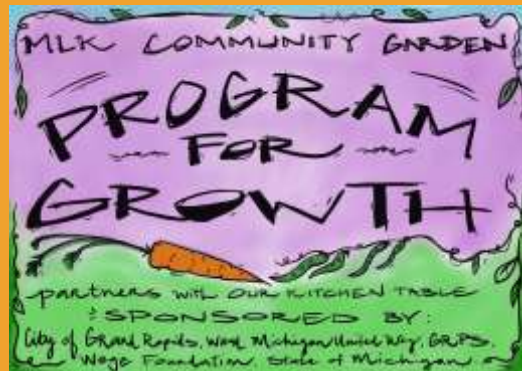
After Canning



# OKT's Program for Growth

improves students and their families' and caregivers' wellness

- Growing food
- Food Diversity Project
- School and home gardens
- Meal planning, preparation and preservation
- Cook, Eat and Talk
- Registered dietician nutritionist
- Grocery store tours
- Food mapping
- Field trips



# Take-aways: Why Can?

## Advantages

Savings  
Availability  
Control  
Food waste  
Teachable moments  
Memories, family traditions  
FUN and INTERACTIVE!

## Other considerations

Cost  
Time Consuming  
Space  
Storage of Equipment





# Methods

Traditional water bath

New age pressure canning

Other considerations:

- Jars
- Packing



Basics of Pressure Canning



Basics of Water Bath Canning

# PRESERVATION CONSIDERATIONS

Preparation of food items

Preparation of jars

Safety

Storage



# Basic Canning Equipment



Heat the water.

Quart jars:  $\frac{2}{3}$  full

Pint jars:  $\frac{1}{2}$  full





Wash jars, rings  
and lids.



Clean and dry  
produce.

(Remove rotten  
spots.)



Fill jars.



Release  
air bubbles.





Wipe top edges  
of jars clean  
with dry cloth.



Put lids and rings  
on jars.



Process jars.



Remove jars.





When cool,  
test the seal.



## AFTER CANNING

Label.

Store jars.

Clean and store equipment.

Use canned foods within the year.

Handout



*Preserving Food: You  
Are What You Eat*  
Joel MacCharles at  
TEDxToronto

[https://www.youtube.com/  
watch?v=iLzmrahBWjU](https://www.youtube.com/watch?v=iLzmrahBWjU)







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