



# Canning 101

## Yes, you can!

Canning is a wonderful way to preserve fruits and vegetables. Canning involves processing foods in closed, glass jars at high temperatures. From jams and jellies to tomato sauce and sauerkraut, the possibilities are nearly endless.

Girl Scouts have been canning since at least as early as 1920 when the Canner badge was introduced. For this vintage badge, girls had to submit 18 jars of various vegetables, fruits, and fruit preserves in order to earn the badge. Wow, that's a lot of goodies!

How to earn the *Canning 101* patch the Girl Scout way:

### Steps:

- 1. Discover**—Learn about the different types of canning and materials you will need.
- 2. Connect**—Decide how and what you want to can.
- 3. Take Action**—Preserve fresh fruits, vegetables, and more.

### Materials Needed:

In order to complete this patch, you'll need a few things:

- Resources on canning. You can either go online with an adult, ask a professional, or visit your public library.
- Canning supplies (See Step 3)

## STEP

# 1

## Discover how to can.

There is a lot to learn about the ways to can and the materials you will need. Learning all about canning will help you to preserve food in a healthy and safe way.

- Research different ways to can and the materials needed for each method.
  - With the help of an adult, you can visit online sites like the National Center for Home Food Preservation or [freshpreserving.com](http://freshpreserving.com).
  - Visit a local library to read canning guides. Make sure the books you use to research are up to date as canning technology and best practices have changed over time.
  - Take a canning class at your local Cooperative Extension office. Find out more at [extension.psu.edu](http://extension.psu.edu).
- Find the answers:
  - What's the difference between water bath canning and pressure canning?
  - What equipment is needed for water bath canning and pressure canning?
  - How do you ensure that food is safe from bacteria?
  - What is the proper way to store canned foods?

## STEP 2

### Create a canning plan.

It's important to understand proper canning practices and then make a plan for the kind of food you want to preserve.

- Decide what food you want to preserve and choose the best canning method for it.
- Find recipes and directions for the type of food you are preserving.
- Gather your canning equipment and glassware. If you don't already own the equipment, ask to borrow it from a friend or family member or have an experienced canner help you with their equipment!

## STEP 3

### You can do it!

Time to put your plan in action!

- With the help of an adult, prepare and can the food of your choice using all of your research.
- Store your finished canned food according to canning guidelines.
- You can give canned food to friends or family as gifts. Share with others and enjoy!



**All done? CONGRATULATIONS!** You've completed all the necessary steps to earn the Canning 101 fun patch.

After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at **800-248-3355** to purchase your patch.\* A patch may be worn on the back of a vest, sash, or tunic.

*\*Patch shown may be substituted with similar patch, based on availability.*