

Preservation Methods

Techniques such as drying and fermenting preserve flavors and promote eco-friendliness. They enhance taste and extend the shelf life of ingredients, allowing for longer enjoyment of food.



Canning

Preserves foods for 1-5 years by sealing and heating in airtight containers to destroy microorganisms, followed by forming a vacuum seal to prevent spoilage!

Canned foods are convenient, portable, quick to prepare, and have a long shelf life!



Pickling

Preserves food for up to 4 weeks using pickling agents such as vinegar, salt, water, and/or sugar to lower pH. Food is packed into jars and processed with boiling water or steam canning.

One dill pickle spear counts as 1/4 cup toward the vegetable component of a school meal!



Salting

An ancient preservation method where salt is used to draw moisture out of food, creating an inhospitable environment for bacteria and other microorganisms, thus extending shelf life and preventing spoilage.

Although bacon is not creditable in your programs, it is the most popular salt-preserved food item!



Freezing

Preservation method that lowers food temperatures below their freezing point, stopping or slowing down microorganism growth and preventing spoilage and foodborne illnesses. Extends shelf life to 3 to 12 months!

Freezing is the most widely used method for preserving food in school meals!



Drying

Drying food preservation, or dehydration, is an ancient food preservation technique that involves removing moisture from food to prevent spoilage by inhibiting microbial growth. Extends shelf life to 6-12 months!

Whole dried fruits and whole dried fruit pieces credit at **double** the volume served in school meals!



Fermentation

Fermentation is a process where microorganisms like bacteria and yeast break down carbohydrates into alcohol or acids, naturally preserving food and enhancing flavors and textures.

Yogurt, or fermented milk, is an excellent source of calcium, protein, and probiotics!