



Food Preservation Plan

Small steps. Practical preparation. Keep this page where you can find it.

START WITH A SAFE METHOD

- ☐ List the foods, amounts and storage space you have.
- ☐ Choose one method to learn using research-based instructions.
- ☐ Gather suitable equipment and check its condition.
- ☐ Use tested recipes; do not improvise canning or fermentation safety steps.

KEEP TRACK OF YOUR FOOD

- ☐ Keep the refrigerator at 40 F or below and freezer at 0 F.
- ☐ Label each package with contents and preparation date.
- ☐ Rotate older stock first and keep a simple inventory.
- ☐ Check storage conditions and discard food when safety is uncertain.

SAFETY NOTE Different preservation methods have different safety requirements. A vacuum seal alone does not make food shelf-stable.

Checked by: _____ Date: _____ Review again: _____

Full guide: readyguidance.com/skills/food-preservation/

Safety reference: <https://nchfp.uga.edu/>