

*Community Thrive*  
←---365---→

# FOOD PRESERVATION

## "CANNING FOR BEGINNERS"



*Amy Kinnard*

You Tube



APPLE  
PODCASTS



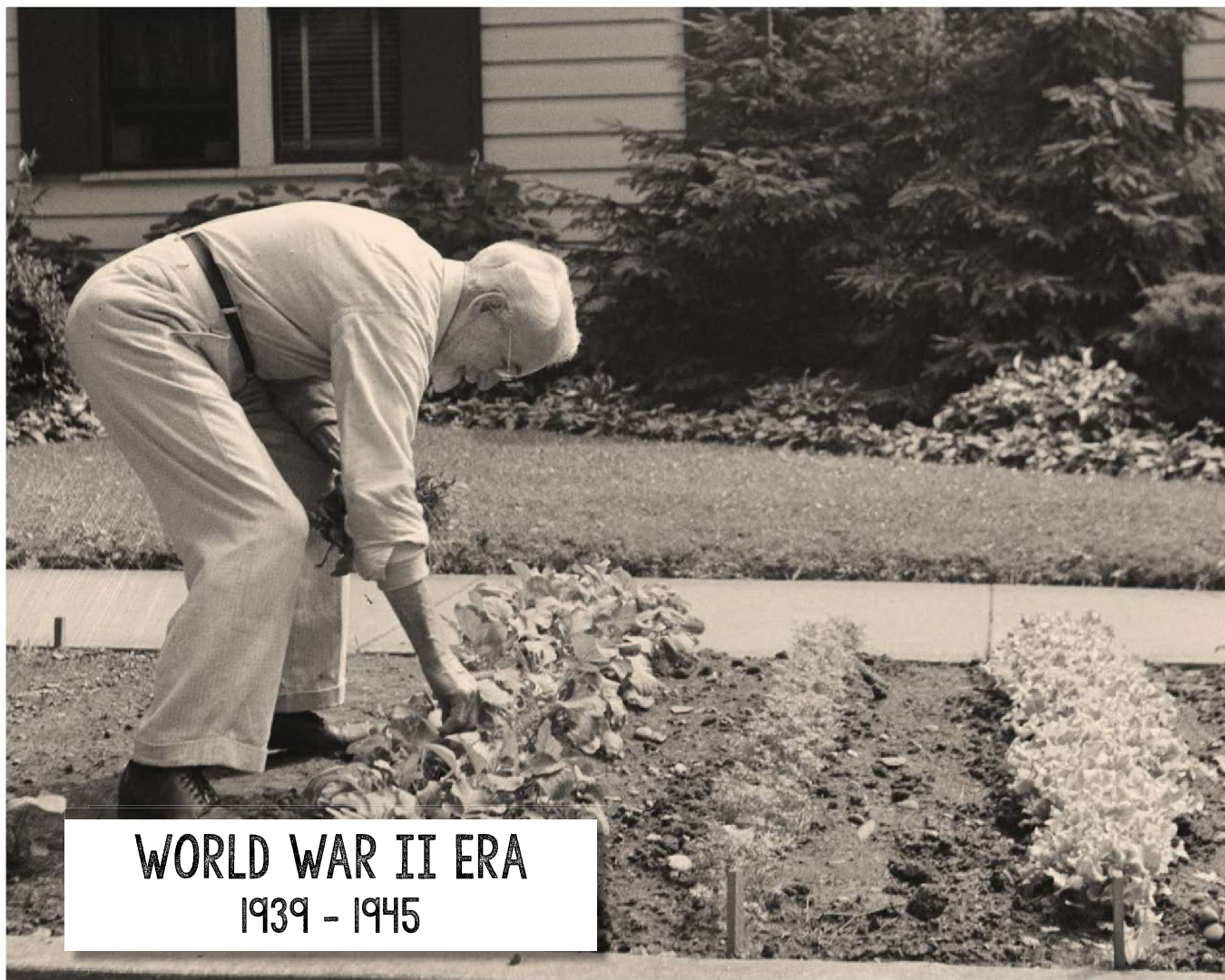
[www.thekinnardhomestead.com](http://www.thekinnardhomestead.com)





**THE DEPRESSION ERA**  
1929 - 1939

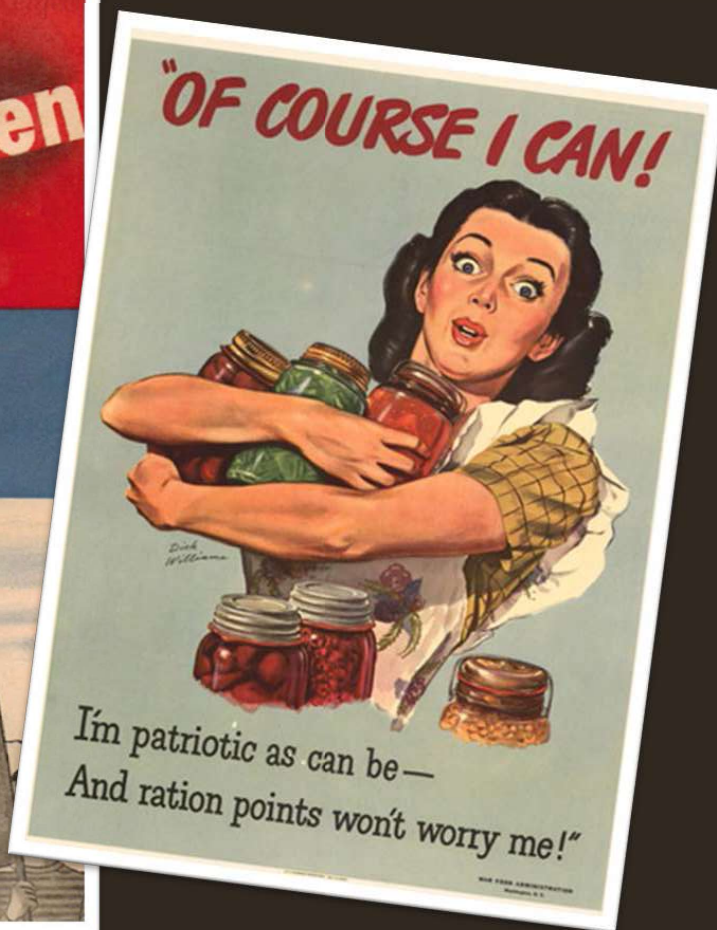
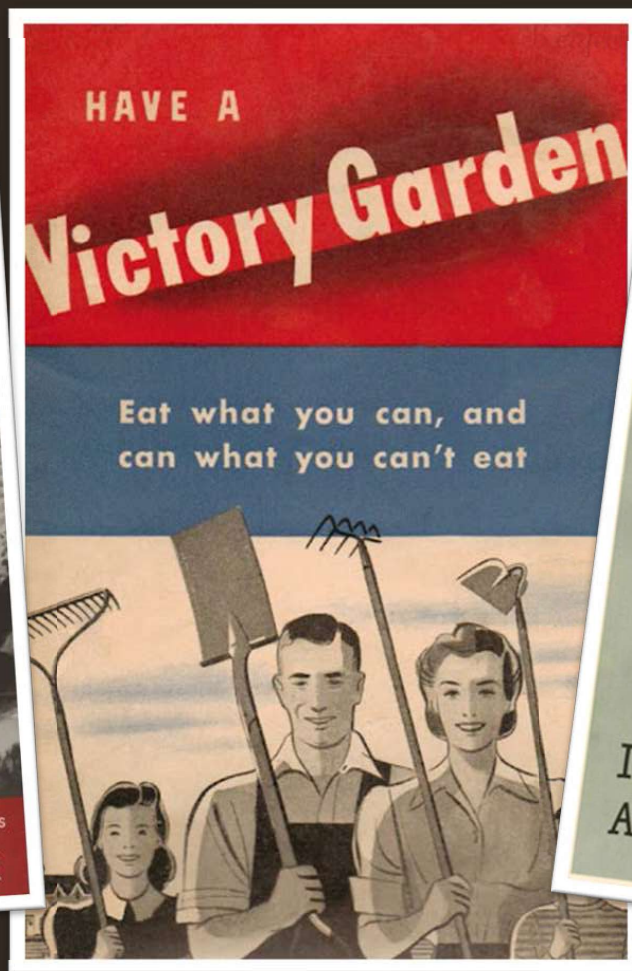
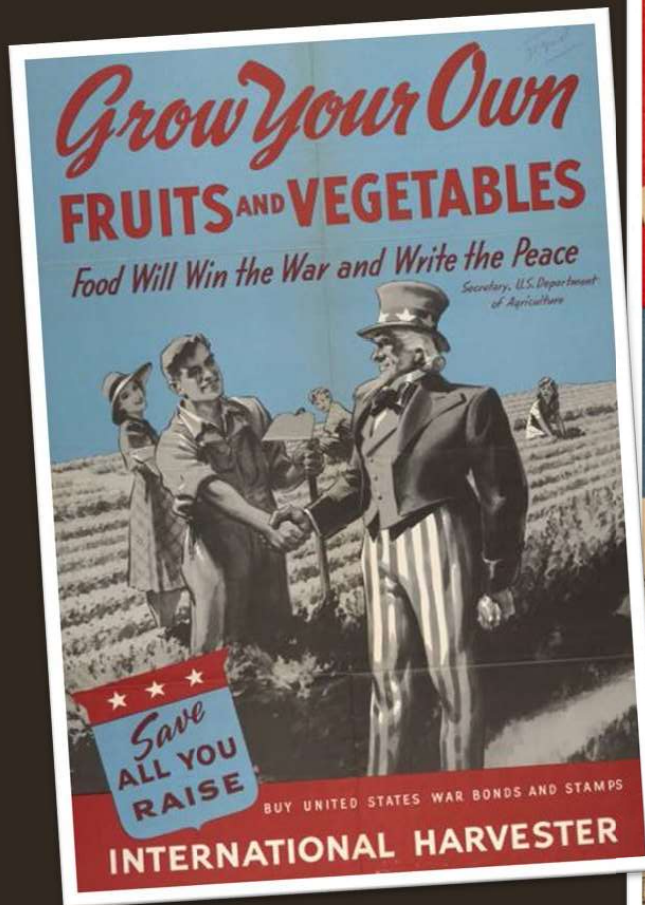




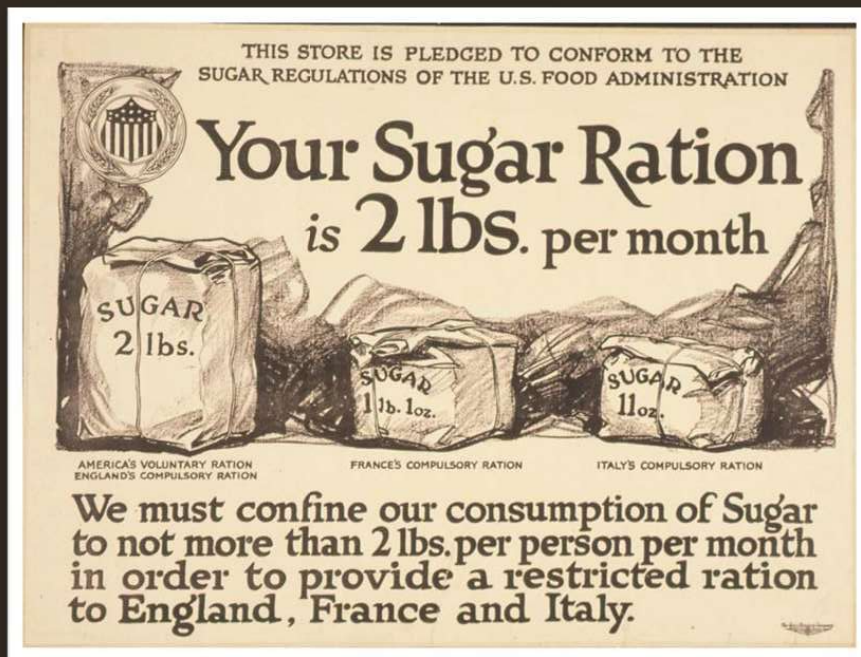
**WORLD WAR II ERA**  
1939 - 1945







# FOOD RATIONING



\*The 2022 US Average Sugar Consumption is 12.67 lbs. per person per month.



# FOOD SHORTAGES ARE BACK



# WAYS TO PRESERVE FOOD



**Dehydrating**  
**Freeze Drying**  
**Freezing**  
**Vacuum Sealing**  
**Food Powders**  
**Dry Canning**  
**Water Bath Canning**  
**Pressure Canning**  
**Salting or Smoking Meats**  
**Cold Storage (root cellars)**  
**Root Clamp**  
**Water Glassing**





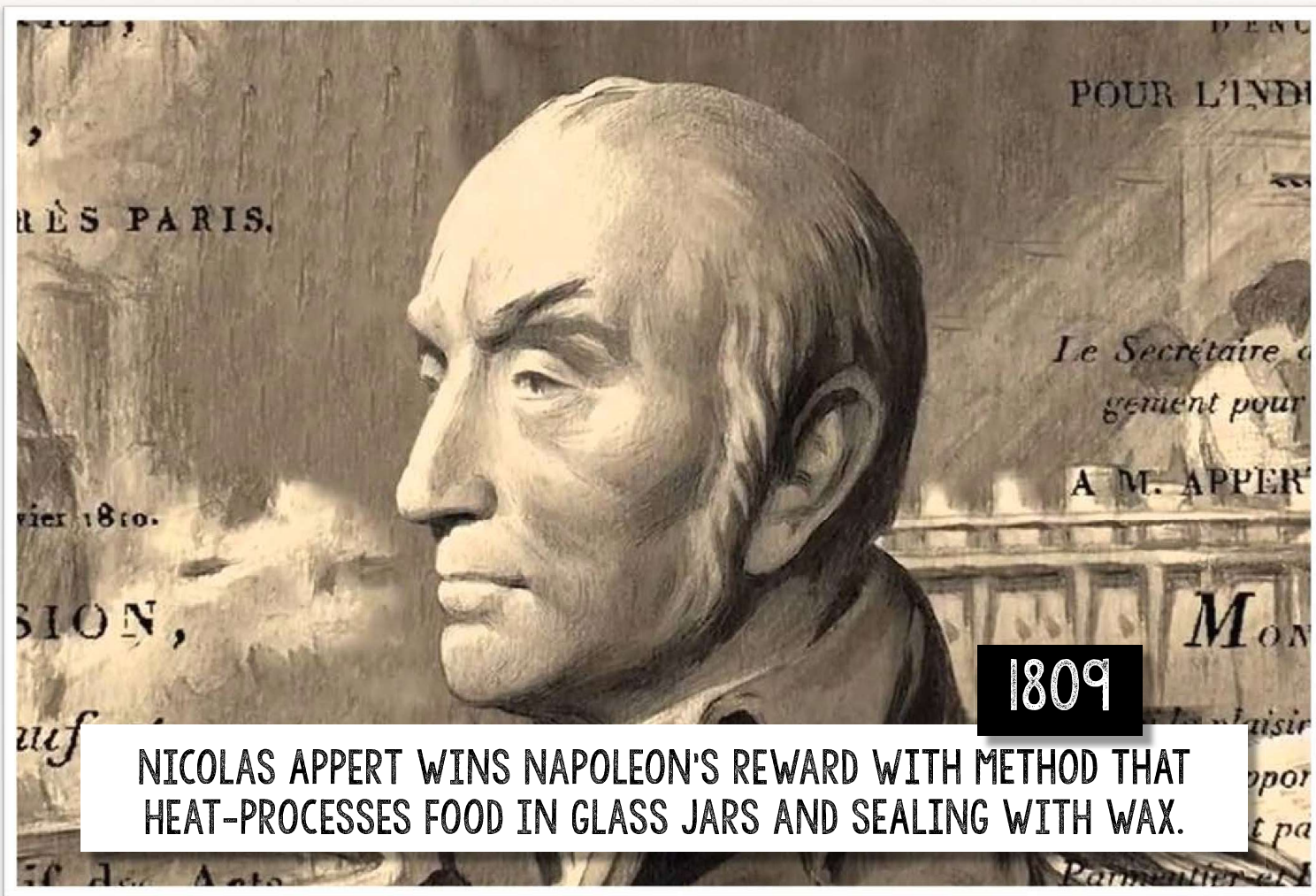
# THE CANNING METHOD

1795

NAPOLEON BONAPARTE OFFERS 12,000-FRANC REWARD FOR  
THE INVENTION OF A NEW FOOD PRESERVATION METHOD

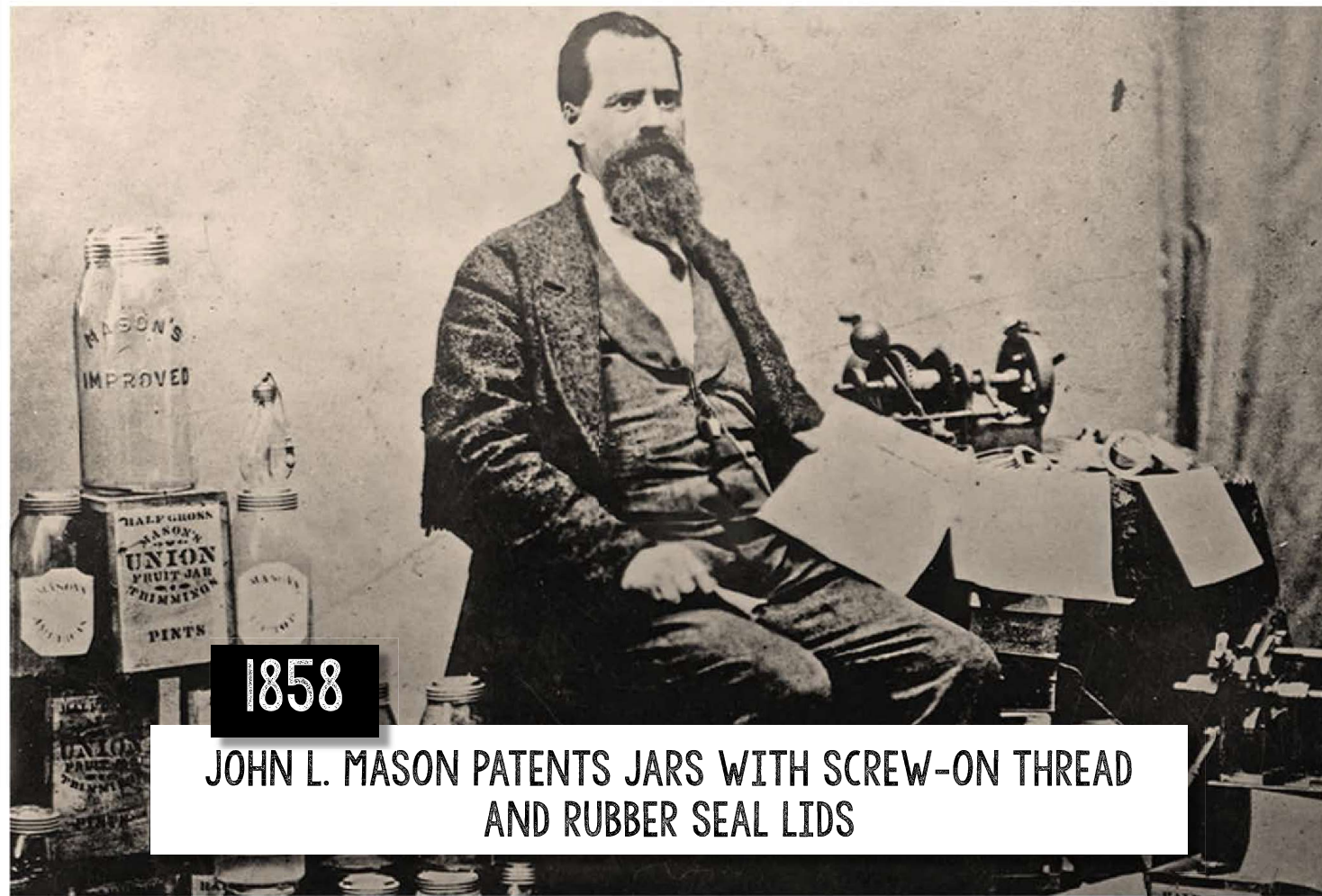






NICOLAS APPERT WINS NAPOLEON'S REWARD WITH METHOD THAT HEAT-PROCESSES FOOD IN GLASS JARS AND SEALING WITH WAX.





1858

JOHN L. MASON PATENTS JARS WITH SCREW-ON THREAD  
AND RUBBER SEAL LIDS

