

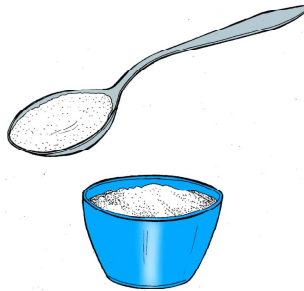
HOW TO PRESERVE AND STORE FOODS FOR YEAR-LONG HEALTHY HOUSEHOLD CONSUMPTION

•Drying and blanching fruits and vegetables, and storing these foods correctly gives families nutritious foods throughout the year.

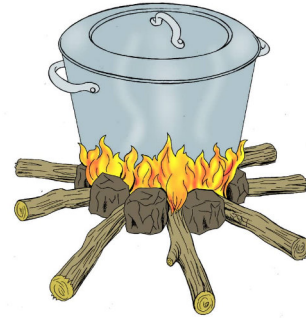
WHAT YOU NEED TO BLANCH VEGETABLES AND FRUIT



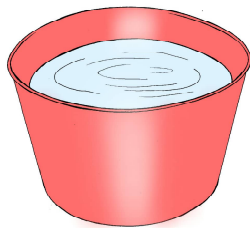
1. 4 liters of water for every 500g of vegetables or fruit.



2. 1 tablespoon of salt per 4 liters of water.



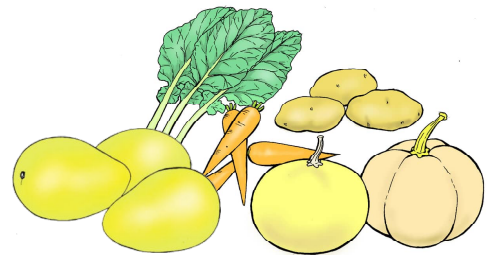
3. Large cooking pot and lid - holds



4. 1 large 4 liter bowl of cold water.



5. Timer.



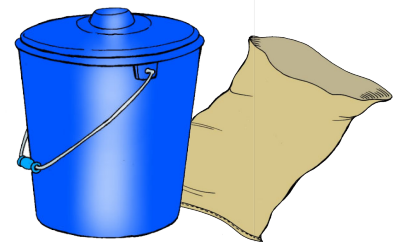
6. 500g of vegetables OR fruit



7. Knife



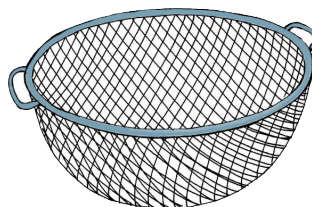
8. Spoon or strainer.



9. Plastic containers with lids to store the blanched foods.



10. Writing pen.



11. Colander.



FEED THE FUTURE

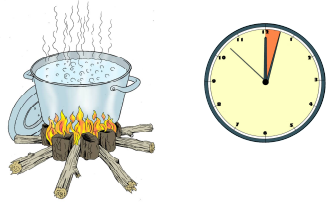
The U.S. Government's Global Hunger & Food Security Initiative



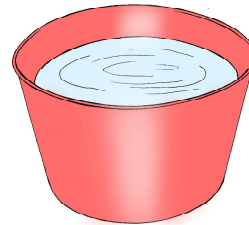
- 1.** Prepare the vegetables and fruits to be blanched.
 - a. Tear vegetables' leaves; do not chop or cut into small pieces.
 - b. Do not remove skins from carrots, potatoes, and pumpkins.



- 2.** Prepare vegetables by tearing them.



- 3.** In a large pot with a lid bring water to a boil. Add a dash of salt for each gallon of water, and one gallon of water per pound of prepared vegetables.



- 4.** Prepare and set aside a bowl of cold water one gallon of water for each pound of vegetables.



- 5.** After blanching immediately remove the vegetables using the spoon or strainer and put into the cold water.



- 6.** Cooling vegetables should take the same amount of time as blanching - 1 to 3 minutes.



- 7.** Drain vegetables thoroughly after cooling. Extra moisture can cause loss of quality.



- 8.** Store vegetables in closed, air-tight containers.



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