

**PRESERVED FOOD 4-H EXHIBIT LABEL**

Type of food \_\_\_\_\_  
Method of preservation \_\_\_\_\_  
Processing time \_\_\_\_\_  
Pressure (if appropriate) \_\_\_\_\_  
Date processed \_\_\_\_\_  
Source of recipe \_\_\_\_\_

**Print on Avery labels #5163,  
2" x 4", 10 per page**

**Page 2 = 10 Labels**

**Print page 2 alone for  
10 complete labels**

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