

Quick Preserve Guide for Busy Moms

Fill your pantry in 15 minutes or less.

Method	Best For	Quick Steps
<p>Freezing</p> 	<p>Berries, peppers, blanching veggies, herbs, broth</p>	<ol style="list-style-type: none">1. Chop/prep (optional)2. Spread on baking sheet to freeze separately3. Transfer to labeled freezer bags
<p>Dehydrating</p> 	<p>Apple slices, herbs, zucchini chips, tomatoes</p>	<ol style="list-style-type: none">1. Slice evenly2. Place on dehydrator trays or oven on lowest temp3. Store airtight
<p>Canning</p> 	<p>Jam, pickles, salsa, tomato sauce</p>	<ol style="list-style-type: none">1. Prep ingredients2. Fill jars, wipe rims, add lids3. Process in water bath for correct time

Time-Saver Tips

- Keep preservation supplies in one grab-and-go bin.
- Double dinner ingredients & freeze half.
- Always label & date food.
- 15 minutes is enough to make progress.