

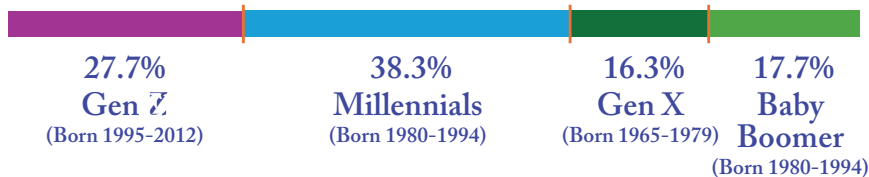
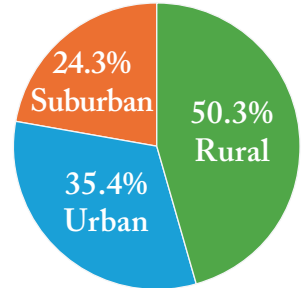
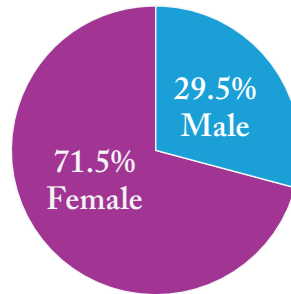
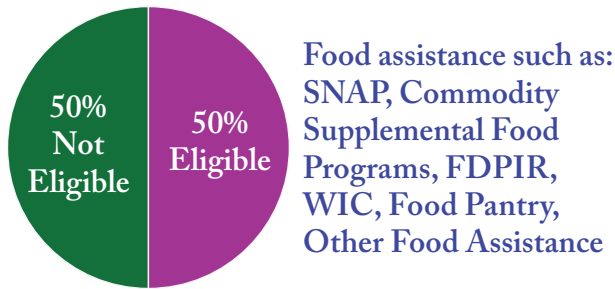
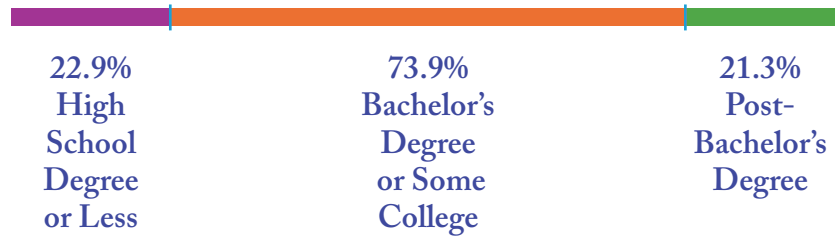
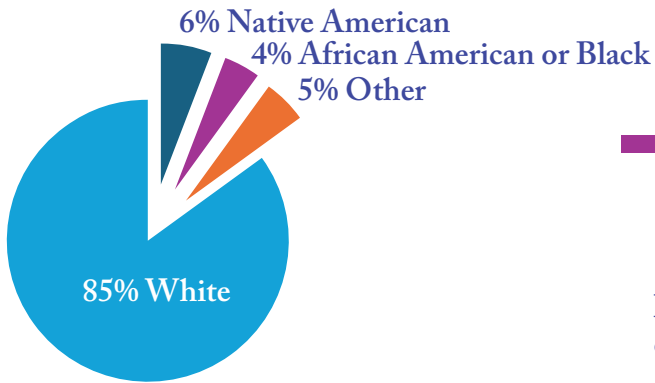
# MONTANA FOOD PRESERVATION PROFILES

Home food preservation is the process of keeping quality, nutritious, and tasty foods for longer. Specifically, preserving foods can decrease spoilage and support food safety for later consumption. Preserved foods have cultural significance across the globe and have served as a critical food security resource since the dawn of agricultural communities.

## STATEWIDE SURVEY

We heard from 302 Montanans across the state representing a mix of generations, rurality, educational background, race, and socioeconomic status. Respondents were a convenience sample recruited through Montana State University, (MSU) Extension, MSU graduate students, and food-related community partners. They responded to questions about the scope of preservation interest, future engagement, current practices, and safety knowledge in a 58-question multiple-choice or multiple-select online survey.

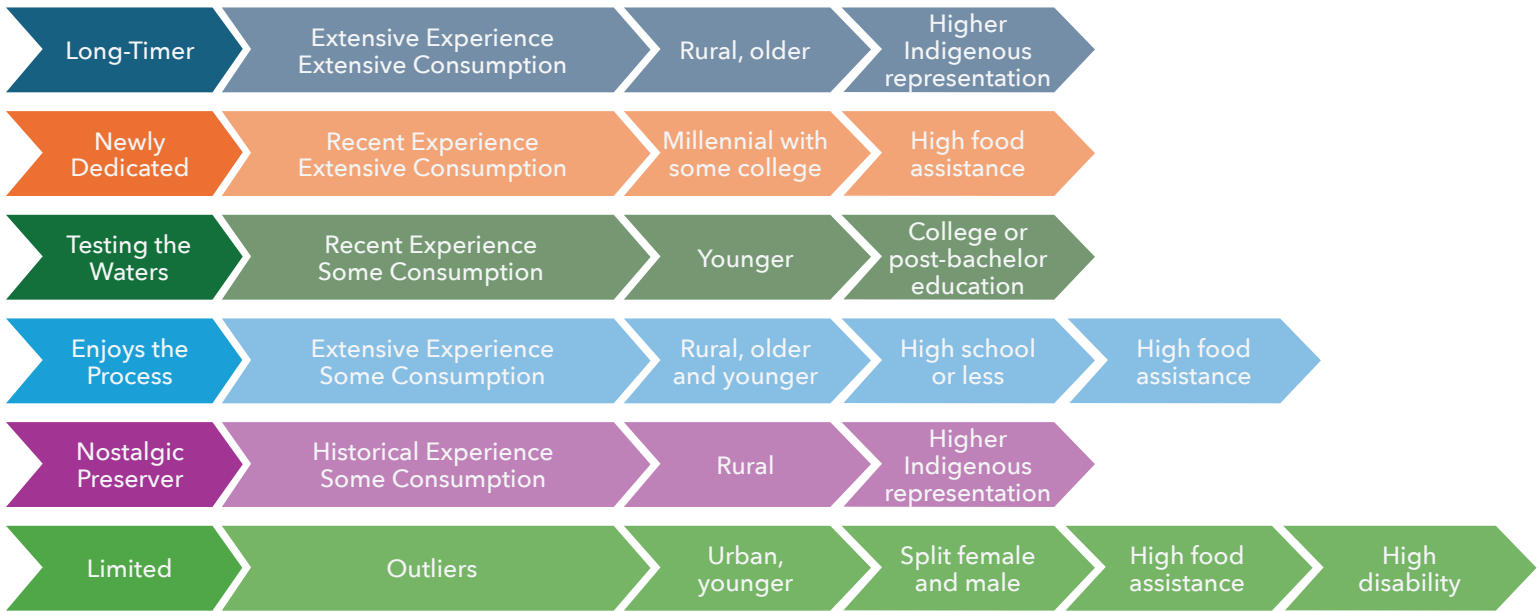
## DEMOGRAPHICS-WHO WE HEARD FROM:



24.5% Indicated at least one disability condition that substantially limits one or more major life activities

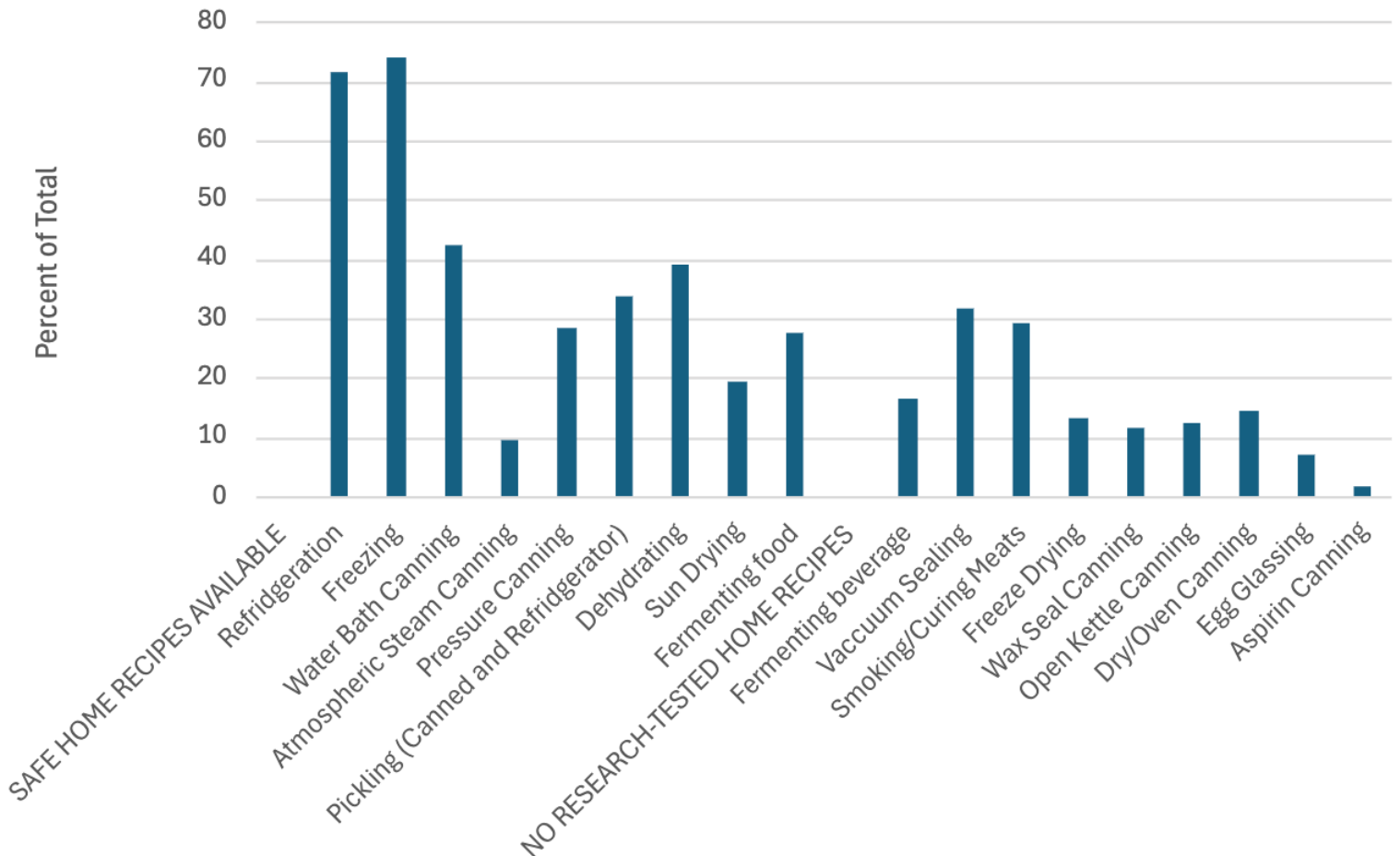
# RESPONDENT PROFILES

Differences in respondents' self-reported experience and consumption of home-preserved foods were statistically categorized into profiles. Each profile had unique demographic characteristics and outreach considerations.



# FOOD SAFETY OF CURRENT PRACTICES

Respondants Indicated Using These Preservation Methods



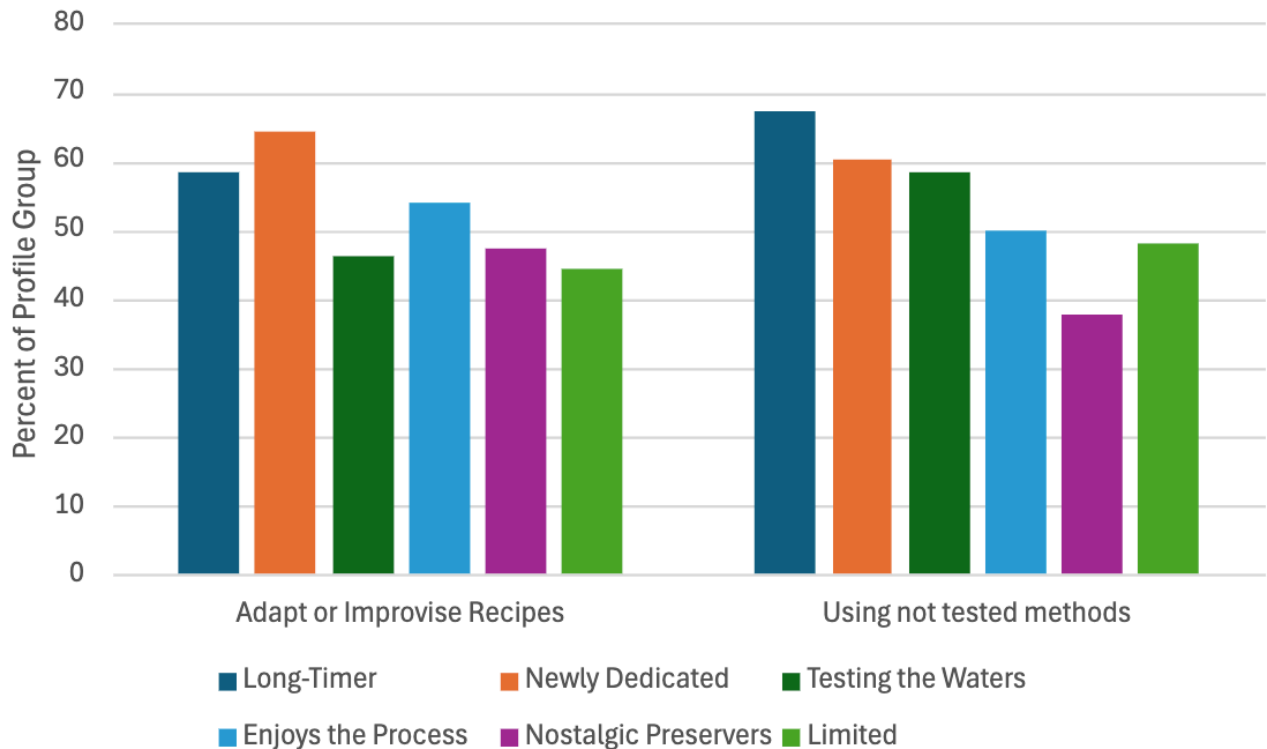
98.7% of respondents indicate at least one form of home food preservation

80% of respondents indicated they either refrigerate or freeze foods to preserve them

- 86.8% use **safe methods** other than freezing or refrigeration (water-bath canning, pressure canning, pickling, dehydrating, or fermenting)
- 22.5% use methods with **no or limited research-tested home recipes** (fermented beverages, vacuum sealing, freeze drying, smoking/curing)
- 31.8% use methods that research has **proven unsafe** (wax seal, open kettle, dry, aspirin canning, and egg glassing)

Even when safe methods are indicated, we cannot confirm the process or recipe was also safe. We recommend using research-tested recipes following safe processes and methods appropriate to the food being preserved for safe long-term storage.

### Potentially Unsafe Preservation Practices



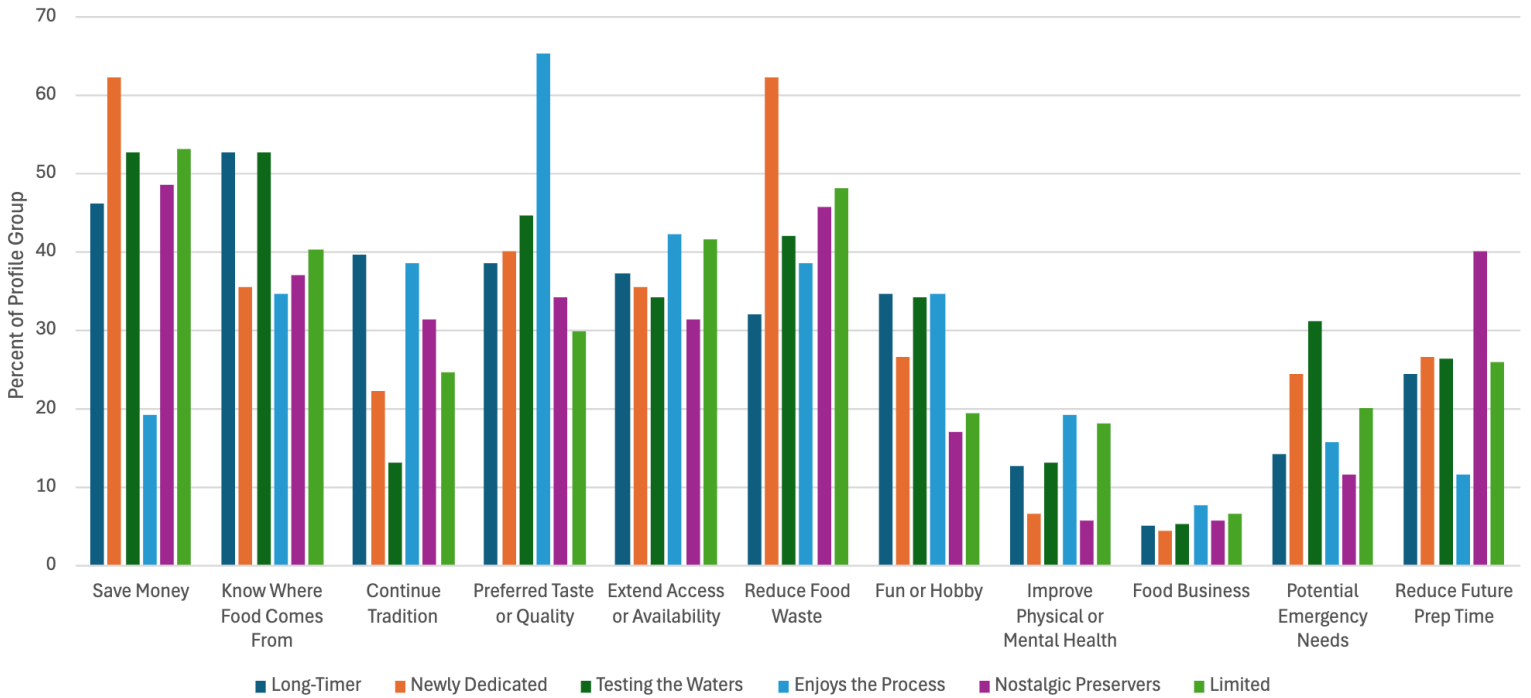
# CURRENT MOTIVATORS FOR HOME FOOD PRESERVATION

Participants could select up to three reasons why they preserve foods in their home. Overall, the top selected reasons were:

- “To save money or stretch food dollars” at 49%,
- “To reduce food waste” at 43.7%, and
- “To know where my food comes from or what is in my food” at 43.4% of all respondents.

Respondent profiles indicated diversity in these motivating reasons to preserve though.

Reasons for Home Food Preservation



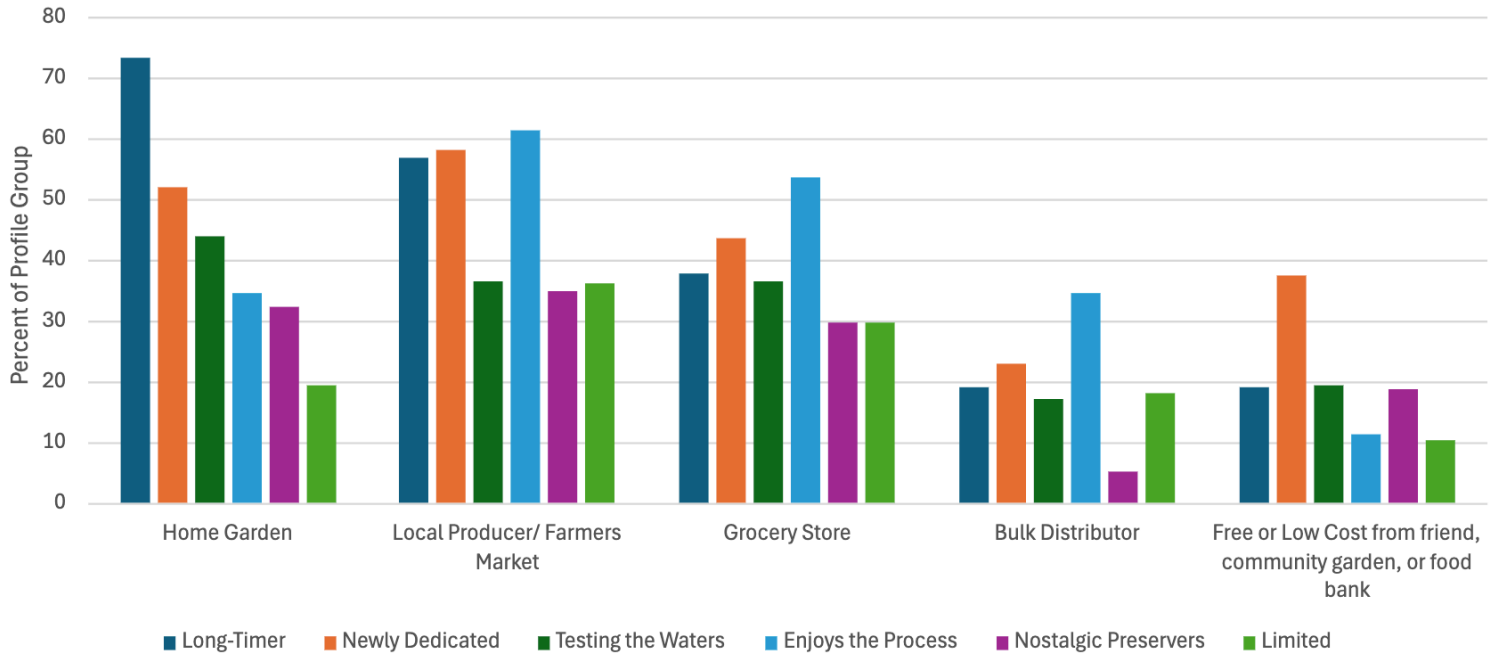
68.2% of respondents Agree or Strongly Agree that canning food at home will increase their household’s access to food throughout the year.

59.9% of respondents thought in an average year their household saved or gained \$100 or more from canning food.

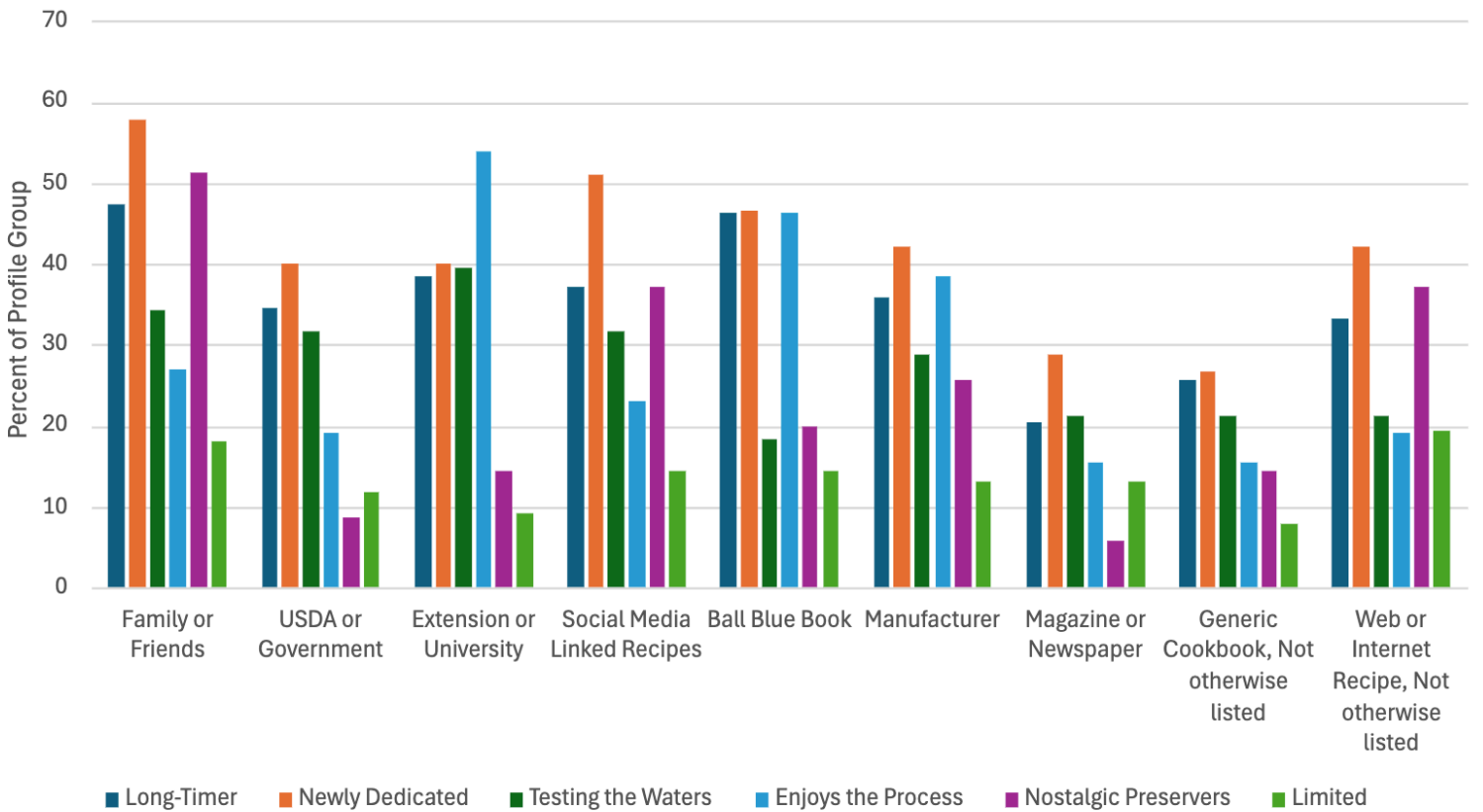
# CURRENT SOURCES

Where respondents are getting their canning ingredients relates to what and why they might be preserving foods. These locations of food distributors can also identify opportunities for connecting with different audience profiles.

### Ingredients to Preserve Come From...



### Where Respondants Found Preservation Information or Recipes



We explored respondents' reported sources from the last two years to understand where respondents might already be motivated to find information on home food preservation.

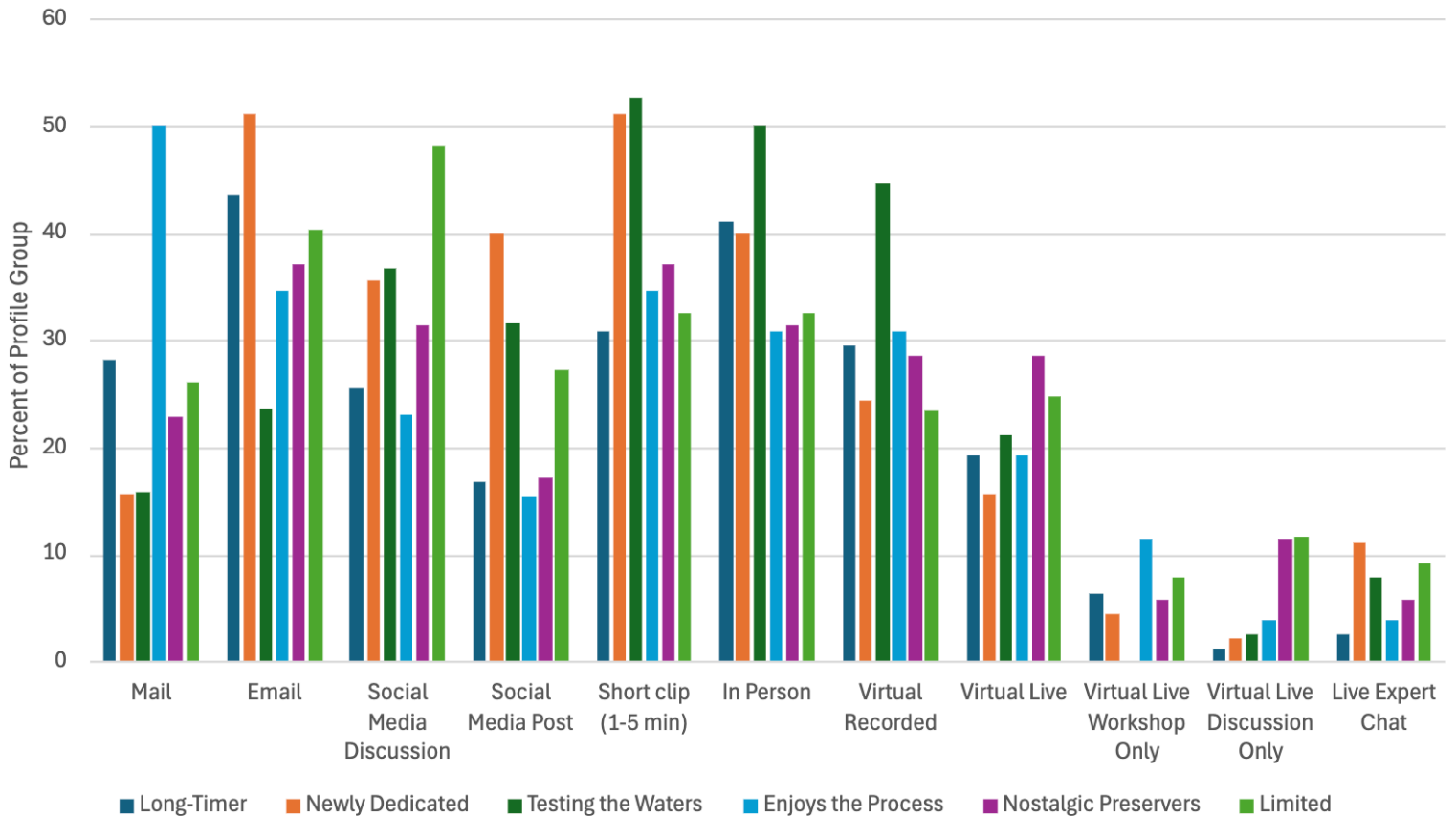
- 38.4% got information or recipes from friends or family (top source)
- 29.5% got information from Extension or University sources

**Across 5 respondent profiles, 53-69.2% trust Extension Agents or Specialists “a lot”. The limited respondent profile is slightly lower at 44.2%.**

## MEETING HOME FOOD PRESERVATION NEEDS IN THE FUTURE

When asked about how they might like to receive future information on home food preservation, **email** (39.7%), **in-person workshops** (38.1%), and **short video clips** (37.7%) were the top selected options overall.

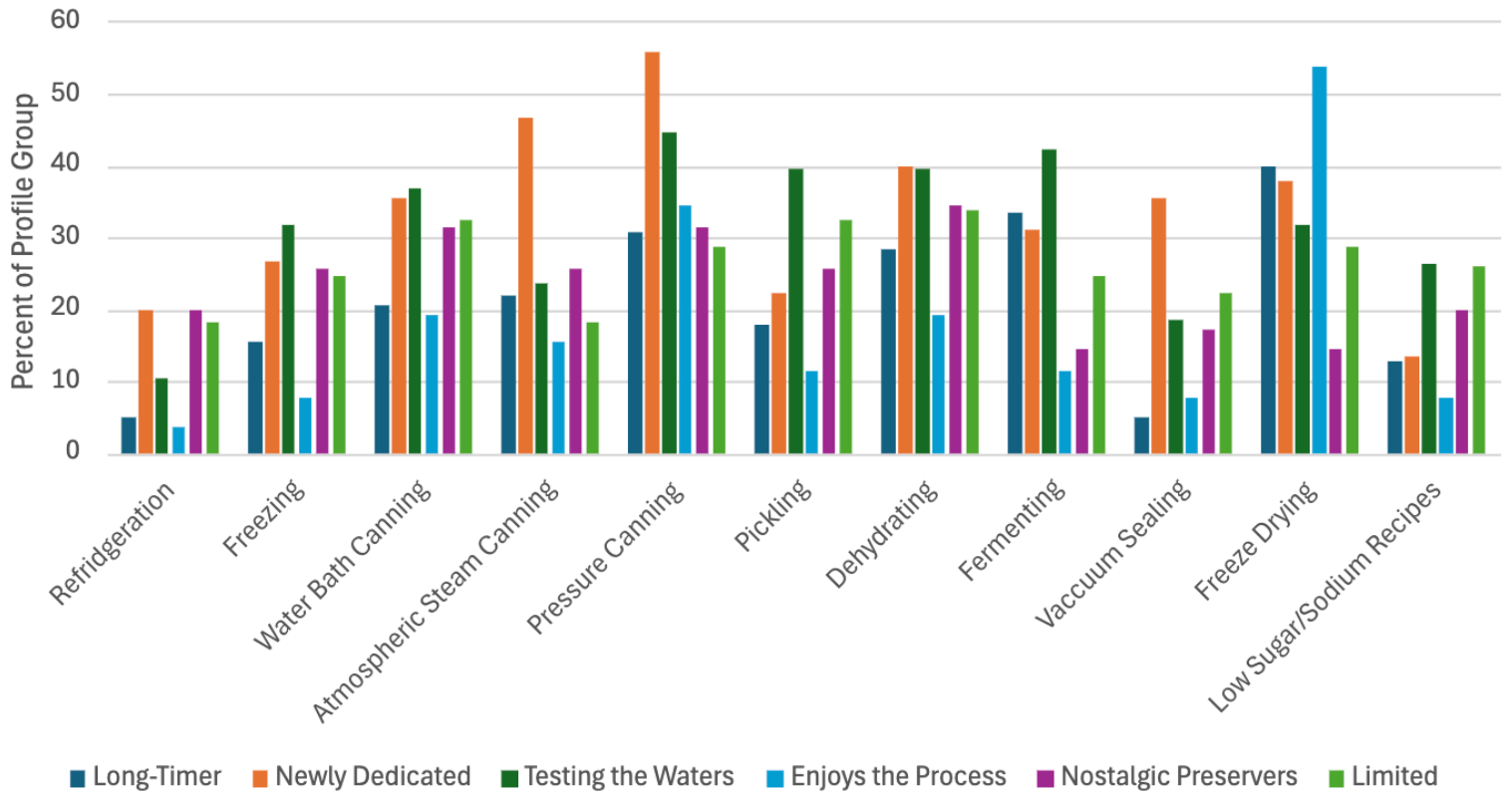
Receiving Future Home Food Preservation Supports



**When considering barriers to future learning about home food preservation, respondents indicated both lack of time (41.7%) and lack of storage space (41.7%) as top concerns.**

Of the methods currently indicated as safe or where safe recipes could be tested and developed, overall respondents indicated they would be most interested in **pressure canning** (36.1%), **freeze-drying** (33.8%), and **dehydrating** (32.5%).

## Home Preservation Methods of Future Interest



# CONSIDERATIONS IN OUTREACH TO AUDIENCE PROFILES



Disclaimer: this survey was primarily distributed by MSU Extension and community partners, so results may not be representative of the whole state with a more Extension-aware audience skew.

Citation: Routh, B. (2024). Montana Home Food Preservation Profiles [Report]. Montana State University Extension. [https://www.montana.edu/extension/nutrition/food-safety-preservation/mt\\_food\\_preservation\\_report\\_2024.html](https://www.montana.edu/extension/nutrition/food-safety-preservation/mt_food_preservation_report_2024.html)

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