

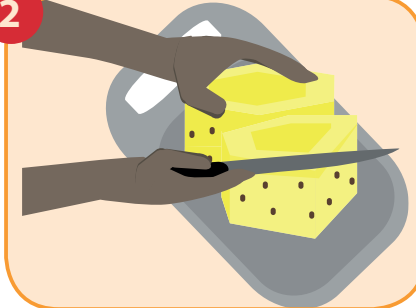
10 STEPS to make Pineapple Jam

1



Materials you will need: Pineapple, ginger, clean water, basin, large wooden spoon or spatula, cups

2



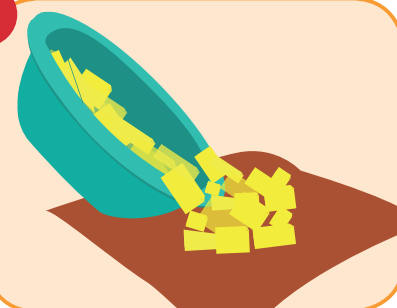
Wash, peel, cut the pineapple into small pieces. Note: remove hard part in the middle.

3



With a spatula pound the pineapple in the basin.

4



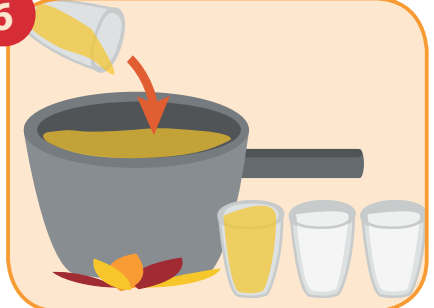
Pour the crushed pineapple into a clean cloth.

5



Press with a spoon on the cloth to produce the juice. Note: Collect the dripping juice in a cup.

6



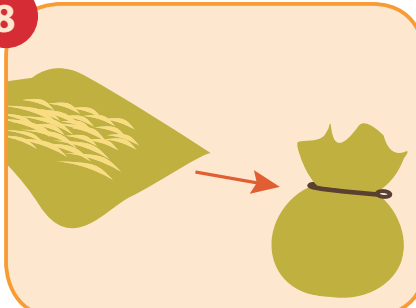
Pour the juice and sugar in a pot and put on stove. Note: 2 cups of the juice, add 1 cup of sugar and boil it.

7



Wash peel, and grating/pounding the ginger

8



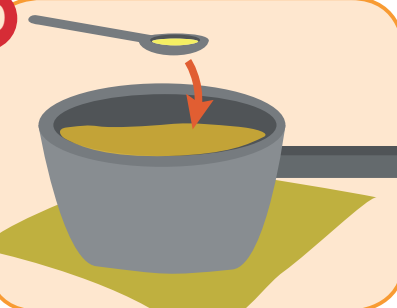
Wrap the crushed ginger in a cloth and tie it properly.

9



Drop the ginger cloth in the boiling jam to add flavour. Note: boil the jam till the foam disappears.

10



When the jam is sticky like honey, it is ready. Take the jam off the heat and let it cool. Note: To preserve it, add 2 spoons of lemon juice.



Income Facts

Start Up Capital:

25,000 Ugandan Shillings

Selling Price:

1 jar for 2,000 - 3,000 UGX

Earning Potential:

300,000 UGX per month



Jam can stay fresh 2 weeks out of the fridge and 2 months in the fridge



Sawa World Friend
Jennifer Nabatanzi
(innovator of solution)