

Food Preservation

Tips



Canning

- Use up-to-date canning instructions. Reliable sources include Washington State University Extension and USDA.
- Use boiling water canning for high acid foods only (most fruits, jams, jellies, and pickles). Boiling water canning can also be used for tomatoes, if they are first properly acidified per recipe instructions. Always follow recipe and processing directions exactly.
- Use a pressure canner for low acid foods (vegetables, meats, fish, and poultry).
- Use jars, cans, and lids which are specifically designed for home canning, and use the correct size as indicated in the recipe.
- For best quality and safety, can only high quality produce.
- When canning in altitudes over 1000 ft, adjust processing time when canning in a boiling water canner and adjust pressure when using a pressure canner.
- Store all canned foods in a cool, dry, dark location and use within one year for best quality.

You can find current and complete home food preservation information from the experts at WSU Extension!

Questions? Contact WSU Extension for more information:



Explore food preservation resources by scanning the QR code or visiting the Consumer Food Safety website: extension.wsu.edu/foodsafety/food-processing

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