

Food Preservation

Canning (at Sea Level)

This process is meant for canning acidic, liquid-based mixtures (e.g., jams, jellies, chutneys, purées, sauces, salsa) while they are still hot.

*This procedure is **not suitable for** canning meat or solid foods of any kind, cold foods, or for canning foods at high altitudes.*

For a comprehensive guide on safe home canning or other food preservation methods, refer to the National Center for Home Food Preservation (Athens, GA) website: nchfp.uga.edu.

Supplies



- Canning jars with ring lids and new snap lids of the same size
- Regular tongs
- Canning tongs
- Canning funnel
- Ladle
- Clean towels
- Large pot for hot water bath
- A rack for the bottom of the pot, or extra snap lids

Method

Sterilization

- Sterilize your jars, snap lids, lid rings, canning funnel, regular tongs, and ladle (in the dishwasher, or for one full minute in boiling water). Avoid using the oven for sterilization; it can crack the jars.
- Lay all the sterilized items on a clean towel.

Hot Water Bath

- For the hot water bath: Boil a pan of water, using at least enough water to cover the jars by about an inch.
- Once boiled, turn the water down to simmer.
- Place the snap lids in the simmering water just before you're ready to use them.

Filling Jars

- Fill the jars with your prepared mixture, leaving about half an inch of space below the rim. Using the canning funnel goes a long way to preventing spillage.
- Use a paper towel dipped in boiled water to clean up spillage from the jars, especially on the rim.

Food Preservation

Canning (at Sea Level)

Sealing Jars

- Use the sterilized regular tongs to take the snap lids out of the simmering water, shake off excess water, and place the lids atop the jars.
- Turn the water back up to a rolling boil.
- Screw the lid rings on firmly.
- Place a rack at the bottom of the hot water bath (to keep hot water circulating so the jars don't crack from sitting directly on the bottom of the pan). If you don't have a rack, place a snap lid (rubber ring-side up) under each of the jars when it comes time to put them in the hot water bath. If the jars float, use a plate to keep them submerged.
- Use the canning tongs to place the jars in the water, and leave them in the hot water bath for 10 minutes.
- Take the jars out of the water bath and let them sit on a towel, inverted, for five minutes before turning them right-side up. This helps the jars seal quickly.
- Let the jars sit overnight and have fun listening to the pop-and-seal symphony. If the jars must be moved before they've sealed, keep them level and covered with a towel.
- If there are any unsealed outies the next morning, store those ones in the fridge. Try not to cheat by pushing the outies; you're not really getting a proper seal that way

Storing Jars

According to the **National Center for Home Food Preservation** (Athens, GA) website (nchfp.uga.edu), properly canned food stored in a cool, dry place will retain optimum eating quality for at least 1 year. Canned food stored in a warm place near hot pipes, a range, a furnace, or in indirect sunlight may lose some of its eating quality in a few weeks or months, depending on the temperature. Dampness may corrode cans or metal lids and cause leakage so the food will spoil.