

# Food Preservation

# Tips



## Jams & Jellies

- Always measure accurately, and follow directions carefully.
- Know your pectin (regular vs. low-sugar, cooked vs. freezer).
- Process all jam and jelly products in a boiling water canner.
- Never add low acid foods to jams and jellies.
- Sealing jams and jellies with paraffin is no longer recommended.

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](https://extension.wsu.edu/foodsafety/food-processing)

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