

# Food Preservation

# Tips



## Pressure Canning

- Only pressure canners that can hold 4 quart jars are safe for processing home canned, low acid foods. Never use pressure cookers for canning.
- Dial gauge canners need to have the gauge tested for accuracy at least once a year (includes newly purchased canners). Weighted gauges do not need to be tested.
- Dial gauge canners can be converted to weighted gauge canners by changing the one piece weight for a 3-piece pressure regulator (Presto Brands) or using a conversion kit.
- When using a weighted gauge on a dial gauge canner, do not compare or rely on the dial gauge. Use only the weighted gauge regulator as an indication of the pressure in the canner.
- Be sure to vent all canners for 10 minutes before putting on the weight and bringing up the pressure, before starting processing time.
- Never cool a canner rapidly at the end of the processing time. The cooling down period is part of the processing time, and if cooled too fast your food might not be safe to eat and jars might not seal.

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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