



Food Preservation

Safe and Economical Ways to Preserve Quality Foods.



Boiling Water Bath Canner – high acid foods (pH above 4.6).
Heats to 212 degrees; kills bacteria, yeasts and molds.

Pressure Canner – low acid foods (pH less than 4.6).
(2-3 inches of water in canner; allow steam to escape for 10 minutes before closing vent.)
Heats to 240 degrees; kills botulinum, yeasts, bacteria and molds.



Food Dehydrator - preserves by removing water to limit the growth of microorganisms.

Freezing – slows the growth of bacteria and prevents the enzymes from affecting the food quality.

Jams and Jellies-sugar binds the liquid preventing microorganism growth.

Pickles-Increase acidity to prevent growth. 5% acidic vinegar needed.



Preservation Terms

Hot Pack- food brought to a boil before processing.

Blanching-heating to inactivate enzymes

Raw Pack – unheated food

Acidification- added acid to lower the pH of foods.

Altitude Adjustments - added pressure for altitude = 1 minute per 1000 feet.

Always follow proper guidelines and approved preservation methods.

National Center for Home Preservation http://www.uga.edu/nchfp/publications/publications_usda.html
USU Extension http://www.uga.edu/nchfp/publications/usda/utah_can_guide_00.pdf