

How to Make Altitude Adjustments for Canning in Utah

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How Does Utah's High Altitude Affect Canning?

Elevation changes the temperature of boiling water. Water boils at a lower temperature at higher altitudes because of a decrease in atmospheric pressure. For canning, that means we have to adjust processing times to make sure the food is heated thoroughly to be safe.

For boiling-water canning above sea level, add extra minutes based on your elevation range (see below). For high-altitude pressure canning, raise the canner's pressure (PSI; see below).

How Do I Adjust Times for High-Altitude Boiling-Water Canning?

For **high-acid foods** processed in a boiling-water canner, like fruits, salsas, pickles, jams, and jellies, add minutes to the processing time. The boiling water isn't as hot as it would be at sea level, so it takes more time for the heat to penetrate through all parts of the jar and kill harmful pathogens. This is a critical safety step. **Follow the recipe from a trusted source** like the [USDA Complete Guide to Home Canning](#) or the [Ball Blue Book](#). Each tested recipe in the *USDA Complete Guide to Home Canning* lists the right time for your elevation and jar size, but the *Ball Blue Book* lists the elevation adjustments on page 9 before the recipe section.

Boiling-Water Canner High-Altitude Time Adjustments

Altitude (feet)	Add to processing time
1,001–3,000	5 minutes
3,001–6,000	10 minutes
6,001–8,000	15 minutes
8,001–10,000	20 minutes

How Do I Adjust Canning Pressures for High-Altitude Pressure Canning?

In a **pressure canner**, the pounds of pressure control the temperature inside. At sea level, a dial gauge needs 10 pounds of pressure. At higher elevations, you need more pressure (PSI) to reach the same temperature.

Pressure Canner High-Altitude Adjustments

Altitude (feet)	Dial gauge PSI
0–2,000	10
2,001–4,000	12
4,001–6,000	13
6,001–8,000	14
8,001–10,000	15

A weighted gauge canner comes with only 5, 10, or 15 PSI settings. Use the 15 PSI setting above 1,000 feet.

How to Find Your Location's Altitude

If you're not sure of your elevation, look it up with the U.S. Geological Survey (USGS) [Elevation Point Query Service](#). The [USU Extension article Utah Altitude Adjustments for Home Canning](#) provides tables for looking up elevations of Utah's counties, towns, and cities.

Altitude adjustments are critical for food safety! All Utah counties are at high elevation. **Without changes to canning time or pressure**, harmful organisms may survive and food may be unsafe to eat. **Use only USDA or Extension-tested recipes for canning.**

References

- [Utah Altitude Adjustments for Home Canning - USU Extension](#)

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