

yes Pack It Right



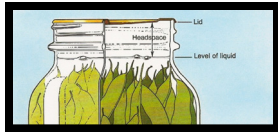
Use Only

Mason-type
canning jars

Two piece met-
al lids

Headspace is Critical

1 inch for meats
and vegetables in
a pressure canner
1/2 inch for fruits
and pickles in a,
etc.

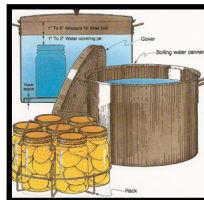


Follow Directions

- Choose fresh, high quality foods.
- Etc.

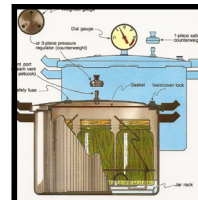
you Can It Right

Boiling Water Canning



Fruits & fruit
juices
Tomatoes
Etc.

Pressure Canning



Vegetables
Meats
Poultry
Etc.

Follow Directions

- Place filled jars in canner quickly.
- Etc.

can Store It Right

Do your canned foods pass the test?

- Overall
appearance
- Etc.



If Lid Seals

Remove metal
screw bands.
Wash off any
food or sticky
juices.
Etc.

- Fruits and
vegetables
- Etc.

Adapted with permission
from The University of
Georgia Cooperative
Extension Service.