

yes
Pack It Right

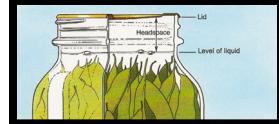


Use Only
Mason-type
canning jars

Two piece metal lids

Headspace is
Critical

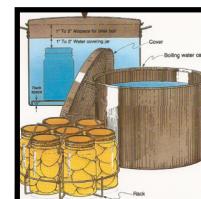
1 inch for meats
and vegetables in
a pressure canner
1/2 inch for fruits
and pickles in a,
etc.



Follow Directions

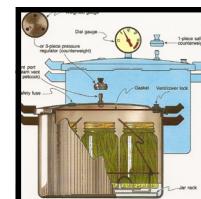
- Choose fresh, high quality foods.
- Etc.

Boiling Water
Canning



Fruits & fruit
juices
Tomatoes
Etc.

Pressure
Canning



Vegetables
Meats
Poultry
Etc.



If Lid Seals

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

Do your canned
foods pass the
test?

- Overall appearance
- Etc.

- Fruits and vegetables
- Etc.

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

Follow Directions

- Place filled jars in canner quickly.
- Etc.