

# Canning Safety Checklist for Beginners

- 1. Choose the Right Method for the Food Type (Water Bath for high-acid, Pressure for low-acid foods)
- 2. Use Tested and Approved Recipes from USDA, Ball Guide, or Extension Services
- 3. Check Equipment Before You Start: jars, lids, rings, canner, and cleanliness
- 4. Sterilize Your Jars (boil for 10 mins if processing time is under 10 mins)
- 5. Prep Food Safely and Accurately; follow recipe instructions exactly
- 6. Leave the Correct Headspace: 1/4", 1/2", or 1" depending on food type
- 7. Remove Air Bubbles using a plastic spatula
- 8. Wipe Jar Rims Clean before sealing
- 9. Apply Lids and Rings Properly (finger-tight)
- 10. Process Jars for the Right Time and Pressure based on altitude
- 11. Let Jars Cool and Seal Naturally for 12-24 hours
- 12. Check for a Proper Seal: no flex on lid, lift test
- 13. Label and Store Correctly in a cool, dark, dry place
- 14. Know When to Toss It: bulging lids, leaks, bad smell, mold, etc.