

# Boiling Water & Atmospheric Steam Canning Training Skills Checklist

*Check off each item after you're comfortable with the skill/task/concept.*

## Prep

- Clean food prep area and hands
- Hair pulled back and aprons
- Knife safety
- Why some foods are canned using boiling water; others with pressure
- Food size in recipes

## Cook/Jar

- Canning jar requirements
- Jar quality and preparation
- Lid / ring quality and preparation
- Sterilizing jars in a boiling water canner
- Sterilizing jars in a steam canner
- Basic canning tools
- Hot pack / raw pack
- Filling jars
- Headspace
- De-bubbling
- Lid/ring placement

## Can/Process

- Boiling water canner parts
- Steam canner parts
- Boiling water canner water level and temperature
- Steam canner water level and temperature
- Loading jars
- Processing phase – timing, managing
- Water cool down phase
- Removing jars
- Cooling jars
- Storing jars

