

# Boiling Water Canning Steps

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1. Use reputable recipe
2. Prep food & heat jars  
*Sterilize if <10 minutes processing*
3. Heat canner water (*not boiling*)  
*Hot pack: 180°F, Raw pack: 140°F*
4. Jars in canner  
*1-2" water over top of jars*
5. Lid on; High heat
6. Vigorous boil? Start timing  
*Adjust for altitude;*
7. Adjust heat; Gentle boil
8. Ding! Timer off; Heat off; Lid off
9. Wait ≤ 5 minutes
10. Jars out; Cool 12-24 hours
11. Clean, label and store sealed jars

Source: National Center for Home Food Preservation, <http://nchfp.uga.edu>



# Atmospheric Steam Canning Steps

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1. Use reputable recipe
2. Prep food & heat jars  
*Sterilize if <10 minutes processing*
3. Heat canner water (*not boiling*)  
*Hot pack: 180°F, Raw pack: 140°F*
4. Jars in canner; Lid on; High heat
5. Steady column of steam? Start timing  
*Green zone on temp sensor*  
*Adjust for altitude; Max 45 minutes*
6. Adjust heat; Gentle boil, Steady stream
7. Ding! Timer off; Heat off
8. Wait  $\leq 3$  minutes
9. Lid off; Jars out; Cool 12-24 hours
10. Clean, label and store sealed jars

Source: National Center for Home Food Preservation, <http://nchfp.uga.edu>

