

Home food preservation is not difficult, but it does require following specific directions exactly. Always use tested recipes and directions from a reliable source. Ignoring the recommended procedures can result in home canned products that will make you and your family very ill.

### Altitude Adjustments

As altitude increases, water boils at a lower temperature (below 212°). Lower temperatures are less effective in destroying organisms and can result in inadequate processing and an unsafe product.

### If you live above 1,000 feet . . .

and use a weighted gauge pressure canner, you must use 15 pounds pressure to guarantee adequate heat penetration and a safe product when canning vegetables, meats, poultry, or other low acid foods.

Dial gauge pressure canners can be used at 11 pounds pressure throughout Iowa since no area is above 2,000 feet.

As altitude increases, time must be increased for water bath processing.

Unshaded areas are 1,000 to 2,000 feet. Shaded areas are less than 1,000 feet.



Map prepared by Iowa Department of Natural Resources, Geological Survey Bureau

### For more information

#### Call an expert

Contact one of the nutrition and health field specialists listed on the back, or contact Iowa State University Extension's Answer Line at 1-800-262-3804, or by e-mail at [answer@iastate.edu](mailto:answer@iastate.edu). To use TDD telecommunications device for deaf, call 1-800-854-1658.

#### Request printed material

Use the coupons at right to request publications or a cookbook. (Note mailing addresses on next page.)

#### Check the Web

ISU Extension fact sheets are available at <http://www.extension.iastate.edu/pubs>

The Penn State Food Preservation Database offers recommended procedures and recipes in an easy to find (and search) format. If you need help accessing the computerized database, contact your county extension office or local library. <http://foodsafety.cas.psu.edu/Presqueryform.htm>

The U.S. Department of Agriculture's *Complete Guide to Canning* (AB 539) is available on the Utah Extension Web site at <http://extension.usu.edu/publica/foodpubs.htm>

### To order ISU Extension Fact Sheets

Circle the titles wanted and take to your ISU Extension county office.

- Pm 638 Canning and Freezing Tomatoes
- Pm 1043 Canning Fruits
- Pm 1044 Canning Vegetables
- Pm 1045 Freezing Fruits and Vegetables
- Pm 1366 Making Fruit Spreads
- Pm 1368 Making Pickled Products

Total number of fact sheets \_\_\_\_\_

Send to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

### To order cookbook, *So Easy to Preserve*

Please send me \_\_\_\_ copies of *So Easy to Preserve*. I am enclosing a check for \$15 (payable to Cooperative Extension Service) for each copy (address on back).

Send books to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

## ISU Extension Nutrition and Health Field Specialists

### Northern Iowa:

*Denise Wyland, (712) 472-2576*

*Nancy Clark, (515) 295-2469*

*Fran Passmore, (319) 568-6345*

### Central Iowa:

*Renee Sweers, (712) 276-2157*

*Paulelda Gilbert, (515) 576-2119*

*Susan Klein, (515) 261-4213*

*Jill Weber, (319) 234-6811*

*Jan Temple, (319) 337-2145*

*Susan Uthoff, (319) 377-9839*

*Vera Stokes, (319) 359-7577*

### Southern Iowa:

*Pat Anderson, (712) 482-6449*

*Sharon Johnson, (515) 462-1001*

*Barbara Anderson, (641) 682-5491*

*Patricia Steiner, (319) 754-7556*

Written by Patricia Redlinger, former extension food science specialist, and Diane Nelson, extension communication specialist.

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# Preserve Food Safely

- ✓ Canning
- ✓ Freezing
- ✓ Drying

IOWA STATE UNIVERSITY  
University Extension

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Agricultural Business Office  
203 Connor Hall  
Cooperative Extension  
University of Georgia  
Athens, GA 30602