

## ISU Extension Nutrition and Health Field Specialists

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## Food Preservation Publications Available from ISU Extension

Visit [www.extension.iastate.edu/store](http://www.extension.iastate.edu/store)  
or ask your local ISU Extension office  
for copies of these titles.

*Canning and Freezing Tomatoes, PM 638*

*Canning Fruits, PM 1043*

*Canning Vegetables, PM 1044*

*Freezing Fruits and Vegetables, PM 1045*

*Making Fruit Spreads, PM 1366*

*Making Pickled Products, PM 1368*

Revised by Liz Meimann, AnswerLine coordinator.  
Written by Patricia Redlinger, former extension  
food science specialist.

### **... and justice for all**

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# Preserve Food Safely

- ✓ Canning
- ✓ Freezing
- ✓ Drying

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

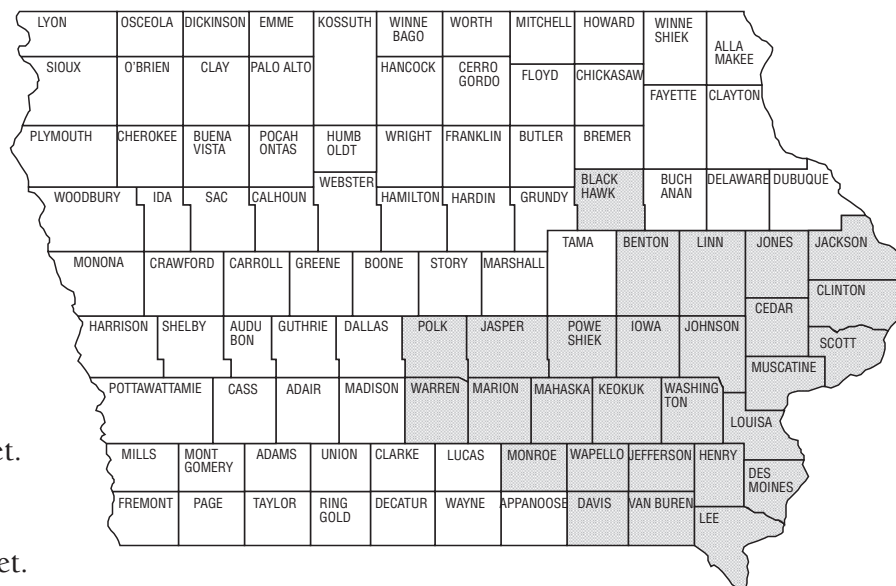
As altitude increases, water boils at a lower temperature (below 212°). Lower temperatures are less effective in destroying organisms and can result in inadequate processing and an unsafe product.

*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 a local expert*

Contact one of the Iowa State University Extension nutrition and health field specialists listed on the back.

Contact Iowa State University Extension's Answer Line  
Call 1-800-262-3804  
or Iowa Relay (TTY)  
1-800-735-2942

*Visit these Web sites*

**Iowa State University Extension's Answer Line**

Check frequently asked questions at [www.extension.iastate.edu/answerline](http://www.extension.iastate.edu/answerline)

**ISU Extension Distribution Center**  
Check here for fact sheets (see list of titles on back panel).

[www.extension.iastate.edu/store](http://www.extension.iastate.edu/store)

**ISU Food Preservation Web site**  
Check here for links to a variety of food preservation resources.  
[www.extension.iastate.edu/healthnutrition/food/preservation/resources.htm](http://www.extension.iastate.edu/healthnutrition/food/preservation/resources.htm).

**National Center for Home Food Preservation**

Check here for links to a variety of publications and self-study courses.  
[www.uga.edu/nchfp/index.html](http://www.uga.edu/nchfp/index.html)