

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

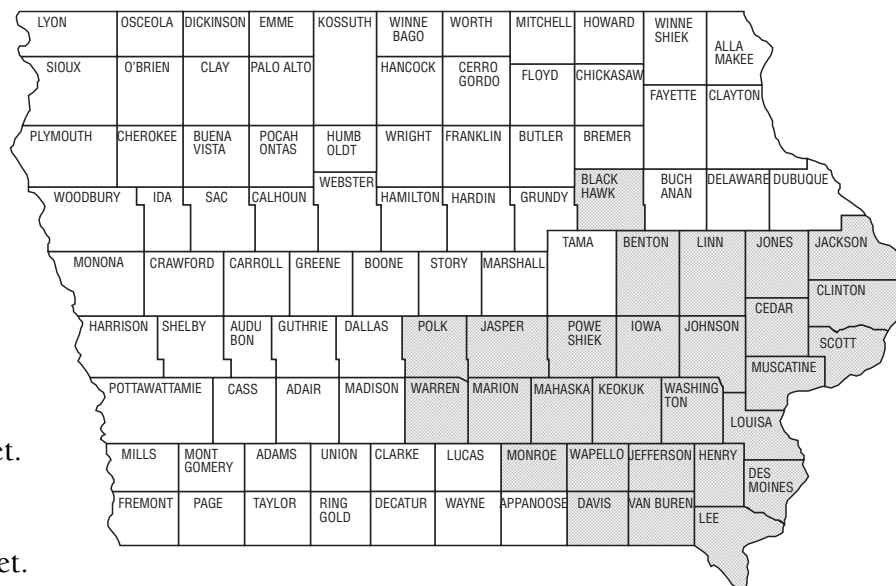
As altitude increases, water boils at a lower temperature (below 212°). Lower temperatures are less effective in destroying organisms and can result in inadequate processing and an unsafe product.

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

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

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.

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

ISU Extension Nutrition and Health Field Specialists

Northern Iowa:

Denise Wyland, (712) 472-2576

Nancy Clark, (515) 295-2469

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Central Iowa:

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Vera Stokes, (563) 359-7577

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Pat Anderson, (712) 366-7070

Barbara Anderson, (641) 682-5491

Patricia Steiner, (319) 754-7556

Food Preservation Publications Available from ISU Extension

Visit 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

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Preserve Food Safely

- ✓ Canning
- ✓ Freezing
- ✓ Drying