



Canning Preparation

Small steps. Practical preparation. Keep this page where you can find it.

CHOOSE A TESTED PROCESS

- ☐ Select a current USDA or NCHFP tested recipe; print the complete instructions.
- ☐ Match the food, jar size and canning method exactly to that recipe.
- ☐ Check your altitude and use the prescribed time or pressure adjustment.
- ☐ Inspect jars and prepare the canner according to manufacturer instructions.

PROCESS AND STORE

- ☐ Measure ingredients and headspace as directed; do not invent substitutions.
- ☐ Complete the entire specified process and cooling procedure.
- ☐ Check seals after cooling and follow trusted guidance for any failed seal.
- ☐ Label and date jars; follow safe storage and spoilage guidance.

SAFETY NOTE This is a preparation checklist, not a canning recipe. Low-acid foods require an appropriate pressure-canning process. Never taste suspect food.

Checked by: _____ Date: _____ Review again: _____

Full guide: readyguidance.com/skills/canning-for-beginners/

Safety reference: <https://nchfp.uga.edu/how/can/general-information/ensuring-safe-canned-foods/>