

Reliable Food Preservation Resources - 2019

Home food preservation is fun with tasty results. In order to ensure a safe product and to maximize flavor and texture of the food, always use a scientifically tested recipe. This is essential for canning in glass jars to prevent a life-threatening illness, botulism.

Scientific testing resulted in revision to several home canning processes in 1994. Recipes published prior to 1994, should be compared to a current, reliable resource for safety. Be aware that not all recipes found on the web or in publications are scientifically tested. Unsafe recipes or procedures may result in serious illness or death.

The listed resources are from organizations that validate their information and recipes for safety and accuracy. Cooperative Extension and universities are good sources.

Websites: information, tested recipes, “how to” videos, printable factsheets and more

- **USDA’s National Center for Home Food Preservation:** <http://www.uga.edu/nchfp>
- **Ball™ Home Canning:** <http://www.freshpreserving.com/home>
- **Rutgers, The State University, Cooperative Extension:** <https://njaes.rutgers.edu/food-safety/home-food-preservation/>
- **University of Nebraska—Lincoln, Cooperative Extension:** <https://food.unl.edu/canning-freezing-and-drying>
- **Pennsylvania State University, Cooperative Extension:** <https://extension.psu.edu/food-safety-and-quality/home-food-safety/food-preservation>

Books:

- **The All New Ball® Book of Canning and Preserving**, 2016
- **Ball Blue Book Guide to Preserving 37th edition**, 2014
- **So Easy to Preserve, 6th Edition**, 2014, about \$20. University of Georgia Cooperative Extension. Phone: 706-542-2657 or <https://setp.uga.edu/>.
- **Complete Guide to Home Canning, 2015 revision, USDA Bulletin 539.** Download PDF: https://nchfp.uga.edu/publications/usda/INTRO_HomeCanrev0715.pdf Order: Purdue University, <https://www.extension.purdue.edu/usdacanning/>, about \$20.

More resources on back

Family and Community Health Sciences (FCHS)

Promoting Healthy Families, Schools & Communities

FCHS is a part of Rutgers Cooperative Extension, NJ Agricultural Experiment Station

<http://njaes.rutgers.edu/fchs>

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

FCHS Home Food Preservation

More Cooperative Extension Resources:

Pinterest—Canning & Freezing: <http://www.pinterest.com/nebraskacarol/unl-canning-and-freezing/> from University of Nebraska-Lincoln Extension in Lancaster County

Free App on the Google Play Store - Download the “OSU Canning Timer & Checklist” app created by Oregon State University Extension Service.

Classes:

FCHS home food preservation classes: Contact your local Rutgers Cooperative Extension office to inquire about classes.

FCHS Master Food Preservers: These trained volunteers work with FCHS to educate the public about safe home food preservation. Contact your local FCHS professional to learn how to become a FMFP.

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