



Home Canning Safety

Home canning is an excellent way to preserve garden produce and share it with family and friends. But it can be risky—or even deadly—if not done correctly and safely.

Recommendations For Home-Canned Foods

- Use proper canning techniques
- Use the right equipment for the kind of foods that are being canned
- When in doubt, through it out!



Common Mistakes in Home Canning

- Using the wrong equipment (low-acid foods need pressure canning methods)
- Disregarding important maintenance steps (verifying gaskets and valves function properly)
- Consuming foods where the container: leaks, bulges, cracked, foams or smells bad (leading to botulism)

Symptoms of Botulism

- Double/blurred vision
- Drooping eyelids
- Slurred speech
- Difficulty swallowing
- A thick-feeling tongue
- Dry mouth
- Muscle weakness



Resources

[Foodsafety: Home Canning](#)

[NCHFP: USDA Canning Guides](#)

[CDC: Home Canning and Botulism](#)

[FDA/AMA: Canning Tips](#)