

Canning Q & A

Q: I have a canning recipe that doesn't call for processing the jars. Do I need to do so?

A: Many recipes passed through generations or found in older cookbooks do not include instructions for processing. The foods are usually “canned” by putting hot food in jars, sealing and storing. There is a significant health risk to foods prepared in this method — particularly low acid foods.

Because there are no processing instructions with the recipes, the safest way to preserve the foods would be to freeze them. For tested home canning recipes, visit the National Center for Home Food Preservation at <https://nchfp.uga.edu/>.

Remember you can contact your local OSU Extension office if you have food preservation questions: xxxx.osu.edu or [\(xxx\)xxx-xxxx](tel:(xxx)xxx-xxxx)



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