



QUICK-START CANNING CHEAT SHEET

Your Step-by-Step Guide to
Safe, Stress-Free Water Bath Canning

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BEFORE YOU START

- ✓ Wash jars, lids, and bands in hot soapy water
- ✓ Prepare your canning pot, rack inside, water 1–2 inches above jars
- ✓ Fill pot and start heating to a simmer
- ✓ Prepare your recipe and keep it hot



**NEXT: STEP-BY-STEP
CANNING PROCESS**





STEP-BY-STEP CANNING PROCESS

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1. HEAT THE JARS

Place clean jars in simmering, not boiling, water until ready to use. Warm the lids in hot water, do not boil.

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2. FILL THE JARS

Use a funnel to add hot food. Leave the correct headspace, as stated in your recipe. Remove air bubbles and recheck headspace.

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3. WIPE AND LID

Wipe jar rims with a damp cloth. Center lid on jar. Screw the band on until fingertip-tight.



NEXT: PROCESS, COOL & AFTERCARE

PROCESS, COOL & AFTERCARE

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4. PROCESS IN WATER BATH

Place jars in the canner. Ensure they are fully submerged under 1–2 inches of water. Bring to a rolling boil, then start the processing timer.



5. COOL AND SEAL

When the timer ends, turn off heat. Let jars rest in the water for 5 minutes. Remove and place on a towel. Do not touch for 12–24 hours.



AFTERCARE

- ✓ Check the seal: lids should not flex up and down when pressed
- ✓ Label each jar with contents and date
- ✓ Store in a cool, dark place
- ✓ Any jars that didn't seal should be refrigerated and used soon

♥ READY TO CAN WITH CONFIDENCE

