



Pressure Canning Checklist

A step-by-step guide for a smoother canning day.

Always use a current tested recipe and follow your canner manufacturer's directions.



1 PLAN YOUR BATCH



- ☐ Use a current tested recipe for the exact food and jar size.
- ☐ Check processing time, pressure, and headspace.
- ☐ Adjust pressure for your altitude.
- ☐ Read your canner manual; have dial gauges tested regularly.

2 PREP JARS & CANNER



- ☐ Check jars for chips or cracks.
- ☐ Wash jars, lids, and bands.
- ☐ Heat jars if your recipe calls for hot jars.
- ☐ Check that the steam vent is clear; you should be able to see light through it.
- ☐ Add the rack and 2–3 inches of hot water to the canner.
- ☐ Prepare lids and bands according to manufacturer directions.

3 PREPARE THE FOOD



- ☐ Wash, trim, peel, chop, or precook as directed.
- ☐ Follow the recipe's raw-pack or hot-pack method.
- ☐ Keep food hot if the recipe calls for it.

4 FILL THE JARS



- ☐ Fill jars, leaving the correct headspace.
- ☐ Remove air bubbles.
- ☐ Recheck headspace and add liquid if needed.
- ☐ Wipe rims clean (use vinegar for greasy foods or meats).
- ☐ Center lids and tighten bands fingertip tight.

5 LOAD & VENT THE CANNER



- ☐ Place filled jars upright on the rack.
- ☐ Lock the lid and leave the vent open / weight off.
- ☐ Heat until a strong, steady funnel of steam appears.
- ☐ Vent for a full 10 minutes.

6 BRING TO PRESSURE & PROCESS



- ☐ Add the weight or close the vent after venting.
- ☐ Bring the canner to the pressure listed in the recipe.
- ☐ Start timing only when target pressure is reached.
- ☐ Maintain steady pressure the entire time.
- ☐ If pressure drops below target, bring it back up and restart the full processing time.

7 COOL SAFELY



- ☐ Turn off heat when processing is complete.
- ☐ Let the canner return to zero pressure naturally.
- ☐ Do not force-cool the canner.
- ☐ Wait 5–10 minutes, or follow your canner manual.
- ☐ Open the lid away from your face.

8 COOL, CHECK & STORE



- ☐ Remove jars upright with a jar lifter.
- ☐ Cool undisturbed for 12–24 hours.
- ☐ Check seals; refrigerate any unsealed jars.
- ☐ Wipe jars, label, date, and store.