Altitude Adjustments

KNOW YOUR ELEVATION WHEN CANNING!

Did you know that at altitudes over 1,000 feet above sea level, you need to make adjustments to your canning procedures? When boiling water or steam canning, processing **times** need to be lengthened. When pressure canning, **pressure** needs to be increased. Why? Because as elevations increase, atmospheric pressure decreases, which results in water boiling at a lower temperature. Lower temps are not as effective at killing bacteria, so at higher elevations, adjustments need to be made to processing times or pressures to ensure a safe product.

The times and pressures for canning recipes are based on processing at sea level, where water boils at 212°F. Recipes from reputable resources generally include altitude adjustments, but if not, and you live at higher elevations, use these tables to detemine your processing times and pressures. If applicable, make adjustments when sterilizing your jars, too (see our posters on sterilizing jars for further info).

BW/Steam	Altitude (in feet)	Increase Processing Time By
	1,001 – 3,000	5 minutes
	3,001 – 6,000	10 minutes
	6,001 – 8,000	15 minutes
	8,001 – 10,000	20 minutes

Pressure Canning	Altitude (in feet)	Adjust Pounds of Pressure To	
		Weighted Gauge	Dial Gauge
	1,001 – 2,000	15	11
	2,001 – 4,000	15	12
	4,001 – 6,000	15	13
	6,001 – 8,000	15	14
	8,001 – 10,000	15	15

For further information on preserving visit the National Center for Home Food Preservation (NCHFP) at https://nchfp.uga.edu or contact your local Cooperative Extension office.

Brought to you by the UCCE Master Food Preservers of El Dorado County
Website: https://ucanr.edu/sites/mfp_of_cs/
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