

# Food Preservation

## Credible Food Preservation Resources



### What is a Scientifically Tested Canning Recipe?

Recipes that are scientifically tested mean the product has undergone testing in a laboratory by experts. The testing ensures that the recipe and its preservation process effectively prevent bacterial growth and spoilage, and that it is safe to consume when stored at room temperature. Always follow canning recipes as directed without making changes or substitutions. Questions about making changes to a scientifically tested recipe? Contact a local Illinois Extension office at: [go.illinois.edu/FindILExtension](http://go.illinois.edu/FindILExtension).

### Web-Based Sources

- Illinois Extension Food Preservation website: [go.illinois.edu/FoodPreservation](http://go.illinois.edu/FoodPreservation).
- National Center for Home Food Preservation, University of Georgia: [nchfp.uga.edu](http://nchfp.uga.edu).
- Any University of Illinois Extension-sourced recipes are trusted, as Extension systems across the United States distribute scientifically tested food preservation recipes.
- Illinois Extension food preservation videos: [go.illinois.edu/foodpresvideos](http://go.illinois.edu/foodpresvideos).



### Online Videos

#### [What's Cooking? With Mary Liz Wright](#)

- Canning equipment
- Canning strawberry jam
- Canning tomatoes
- Freezing equipment
- Freezing green beans
- Freezing peaches
- Freezing strawberries
- Pressure canning green beans

#### [Canning with Confidence Series](#)

- Boiling water bath canning
- Boiling water bath canning apple pie filling
- Pressure canning
- Pressure canning carrots
- Steam canning
- Strawberry jam

#### [Fill Your Pantry Webinars](#)

- Canning food at home
- Drying foods at home
- Fermenting foods
- Freezing food at home
- Making jams and jellies at home
- Pickling food at home
- Preserving apples at home
- Processing tomatoes at home



### Books and Info Sheets

- So Easy to Preserve, 6th Edition, University of Georgia Extension
- USDA Complete Guide to Home Canning, 2015 Revision, United States Department of Agriculture
- The Ball® Blue Book
- Printable Food Preservation info sheets, University of Illinois Extension

### Additional Suggested Sources

- Commercial canning recipes from brands such as \*Ball®, \*Mrs. Wages® or pectin manufacturers (e.g., \*Sure-Jell®, \*Certo®, etc.) are considered safe.
- Recipes published before 1994 should not be used. According to [Penn State University Extension](#), most processing times in books published before 1994 are inadequate to control spoilage organisms.

Need help finding a recipe, unsure about answering a question, or can't find a credible source for an answer? Reach out to a local Illinois Extension office at: [go.illinois.edu/FindILExtension](https://go.illinois.edu/FindILExtension).

\*University of Illinois Extension does not endorse specific companies, products, services, or brands.

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