

## Of Course You Can!

### Boiling Water & Atmospheric Canning Workshop Skills Checklist

*Check off each item after you're comfortable with the skill/task/concept.*

#### Prep

- Clean food prep area and hands
- Hair pulled back and aprons
- Knife safety
- Why some foods are canned using boiling water; others with pressure
- Food size in recipes

#### Cook/Jar

- Canning jar requirements
- Jar quality and preparation
- Lid / ring quality and preparation
- Basic canning tools
- Hot pack / raw pack
- Syrup preparation
- Headspace
- De-bubbling
- Lid/ring placement

#### Can/Process

- Boiling water canner parts
- Canner water level and temperature
- Loading jars
- Processing phase – timing, managing
- Water cool down phase
- Removing jars
- Cooling jars
- Storing jars



# Pressure Canning Workshop Skills Checklist

*Check off each item after you're comfortable with the skill/task/concept.*

## Prep Station

- Clean food prep area and hands
- Hair pulled back and aprons
- Knife safety
- Why some foods must be pressure canned
- Food size requirements in processing charts

## Cook/Jar Station

- Canning jar requirements
- Jar quality and preparation
- Lid / ring quality and preparation
- Basic canning tools
- Hot pack / raw pack
- Soup preparation
- Headspace
- De-bubbling
- Lid/ring placement

## Canning Station

- Pressure canner parts and function
- Canner water level and temperature
- Loading jars / stacking jars
- Venting phase
- Weighted gauge and dial gauge difference
- Processing phase – timing, managing
- Canner cool down phase
- Removing jars
- Cooling jars

