



Extension

RELIABLE FOOD PRESERVATION WEBSITES

MAY 2022



University of Wyoming Extension Nutrition & Food Safety Website Food Preservation Resources:

<http://uwyoextension.org/uwnutrition/category/food-preservation>

University of Wyoming Extension Nutrition & Food Safety Facebook page videos:

<https://www.facebook.com/UWEnutrition>

Jarden Home Brands (Ball® & Kerr®): <http://www.freshpreserving.com/>

National Center for Home Food Preservation (University of Georgia): <http://www.uga.edu/nchfp/>

University of Nebraska-Lincoln Website Resources (see 'food safety' tab): <https://food.unl.edu/canning-freezing-and-drying>

USDA Complete Guide to Home Canning: http://www.uga.edu/nchfp/publications_usda.html

Don't forget to adjust recipes for altitude!!

Boiling Water Canning

- If recipe calls for **20 minutes or less** processing, increase the processing time by 1 minute for every 1,000 feet above sea level (see Wyoming Altitude Chart).
- If recipe calls for **greater than 20 minutes** of processing, increase the processing time by 2 minutes for every 1,000 feet.

Pressure Canning

- At sea level, use 10 psi
- Increase psi by ½ lb. for every 1,000 feet above sea level (i.e., use 12 lbs. pressure at 4,000 feet)
- If using a weighted gauge canner, use the 15 lb. weight for all altitudes above 1,000 feet.

For further questions, feel free to contact:

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WYOMING ALTITUDE CHART

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MAY 2022

- Albany County
 - Laramie – 7165
- Big Horn County
 - Basin – 3870
 - Lovell – 3814
 - Greybull – 3788
- Campbell County
 - Gillette – 4544
 - Pine Tree Junction – 5042
 - Rozet – 4286
 - Spotted Horse – 3890
- Carbon County
 - Rawlins – 6755
 - Saratoga – 6786
- Converse County
 - Douglas – 4815
 - Glenrock – 5009
- Crook County
 - Aladdin – 3740
 - Alva – 3995
 - Beulah – 3570
 - Hulette – 3755
 - Moorcroft – 4206
 - Sundance – 4750
- Fremont County
 - Dubois – 6917
 - Lander – 5357
 - Riverton – 4956
- Goshen County
 - Fort Laramie – 4230
 - Hawk Springs – 4394
 - Huntley – 4196
- Jay Em – 4675
- LaGrange – 4587
- Torrington – 4104
- Yoder – 4245
- Hot Springs County
 - Thermopolis – 4326
- Johnson County
 - Buffalo – 4645
- Laramie County
 - Albin – 5334
 - Burns – 5455
 - Cheyenne – 6062
 - Federal – 6766
 - Hillsdale – 5638
 - Horse Creek – 6520
 - Pine Bluffs – 5047
- Lincoln County
 - Afton – 6134
 - Kemmerer – 6927
- Natrona County
 - Casper – 5123
- Niobrara County
 - Lusk – 5015
 - Manville – 5245
 - Van Tassel – 4736
- Park County
 - Cody – 5016
 - Powell – 4365
- Platte County
 - Wheatland – 4733
 - Chugwater – 5288
 - Glendo – 4718
- Guernsey – 4354
- Sheridan County
 - Sheridan – 3745
- Sublette County
 - Big Piney – 6798
 - Pinedale – 7175
- Sweetwater County
 - Green River – 6100
 - Rock Springs – 6271
- Teton County
 - Jackson – 6209
- Uinta County
 - Evanston – 6748
- Washakie County
 - Tensleep – 4206
 - Worland – 4061
- Weston County
 - Four Corners – 5800
 - Newcastle – 4334
 - Osage – 4300
 - Upton – 4234
- Wind River Reservation
 - Ft. Washakie – 5570
 - Crowheart – 6078

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