



Extension

RELIABLE FOOD PRESERVATION WEBSITES

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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>

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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Extension

WYOMING ALTITUDE CHART

- Albany County
 - Laramie - 7165
 - Medicine Bow - 6565
 - Rock River - 6896
- Big Horn County
 - Basin - 3870
 - Lovell - 3814
 - Greybull - 3788
- Campbell County
 - Gillette - 4544
 - Pine Tree Junction - 5042
 - Rozet - 4286
 - Spotted Horse - 3890
 - Wright - 5122
- 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
 - Kaycee - 4646
- 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
 - Midwest - 4849
- 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
 - Story - 5036
- Sublette County
 - Big Piney - 6798
 - Pinedale - 7175
- Sweetwater County
 - Green River - 6100
 - Rock Springs - 6271
- Teton County
 - Jackson - 6209
- Uinta County
 - Evanston - 6748
 - Mountain View - 6805
 - Lyman - 6706
- Washakie County
 - Tensleep - 4206
 - Worland - 4061
- Weston County
 - Four Corners - 5800
 - Newcastle - 4334
 - Osage - 4300
 - Upton - 4234
- Wind Rivers Reservation
 - Ethete - 5354
 - Ft. Washakie - 5570
 - Crowheart - 6078