



# RELIABLE FOOD PRESERVATION WEBSITES

Extension

May 2023  
revised 10/2023



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:

**Vicki Hayman, Community Vitality and Health Educator**

204 West Main St.

Newcastle, WY 82701

Phone: (307) 746-3531

Email: [vhayman@uwyo.edu](mailto:vhayman@uwyo.edu)



# UW

# WYOMING ALTITUDE CHART

## Extension

- 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