



Pressure Canning at High Altitudes

Even at sea level, meat and poultry (as well as low acid vegetables and fish) must be processed using a steam pressure canner. If using a dial gauge at high altitudes, the pressure in the canner must be increased by 1 pound of pressure for each 2,000 feet above sea level. If using a weighted gauge, the 15 pound weight must be used at all altitudes above 1,000 feet. You do not need to add additional processing time if the pressure of the canner is adequately adjusted.

| Pressure Required to Reach 240 F | |
|----------------------------------|-------------------|
| Altitude | Pressure Required |
| Sea Level to 2,000 feet | 11 lb. |
| 2,001 to 4,000 ft. | 12 lb. |
| 4,001 to 6,000 ft. | 13 lb. |
| 8,001 to 10,000 ft. | 15 lb. |

Source: USDA Food Safety and Inspection Service

All home-canned foods should be canned according to USDA or USDA-endorsed recommendations. Remember to have your canner inspected and tested once a year.

Please contact the Los Alamos Cooperative Extension Office if you have any questions.

losalamos@nmsu.edu

505.662.2656

