

Preparedness Hints

Ensuring Safe Canned Foods



Botulism!

Growth of the bacterium *Clostridium botulinum* in canned food may cause botulism--a deadly form of food poisoning. These bacteria exist either as spores or as vegetative cells. The spores, which are comparable to plant seeds, can survive harmlessly in soil and water for many years. When ideal conditions exist for growth the spores produce vegetative cells which multiply rapidly and may produce a deadly toxin within 3 to 4 days of growth in an environment consisting of: a moist low-acid food; a temperature between 40°F and 120° F; and less than 2 percent oxygen.

Botulism spores are on most fresh food surfaces. Because they grow only in the absence of air, they are harmless on fresh foods.

Most bacteria yeasts and molds are difficult to remove from food surfaces. Washing fresh food reduces their numbers only slightly. Peeling root crops, underground stem crops, and tomatoes reduces their numbers greatly. Blanching also helps. But the vital controls are the method of canning.

You must ensure the recommended research-based process times, found in these guides, are used.

The processing times in these guides ensure destruction of the largest expected number of heat-resistant microorganisms in home-canned foods. Properly sterilized canned food will be free of spoilage if lids seal and jars are stored below 95°F. Storing jars at 50°F to 70°F enhances retention of quality.

Food Acidity and Processing Methods

Whether food should be processed in a pressure canner or boiling-water canner to control botulinum bacteria depends on the acidity in the food. Acidity may be natural, as in most fruits, or added, as in pickled food. Low-acid canned foods contain too little acidity to prevent the growth of these bacteria. Acid foods contain enough acidity to block their growth, or destroy them more rapidly when heated. The term "pH" is a measure of acidity; the lower its value, the more acidic the food. The acidity level in foods can be increased by adding lemon juice, citric acid or vinegar.

Low-acid foods have pH values higher than 4.6. They include red meats, seafood, poultry, milk, and all fresh vegetables except for most tomatoes. Most mixtures of low-acid and acid foods also have pH values above 4.6 unless their recipes include enough lemon juice, citric acid, or vinegar to make them acid foods.

Acid foods have a pH of 4.6 or lower. They include fruits, pickles, sauerkraut, jams, jellies, marmalades, and fruit butters. Although tomatoes usually are considered an acid food, some are now known to have pH values slightly above 4.6. Figs also have pH values slightly above 4.6. Therefore, if they are to be canned as acid foods, these products must be acidified to a pH of 4.6 or lower with lemon juice or citric acid. Properly acidified tomatoes and figs are acid foods and can be safely processed in a boiling-water canner.

Botulinum spores are very hard to destroy at boiling-water temperatures; the higher the canner temperature, the more easily they are destroyed. Therefore, all low-acid foods should be sterilized at temperatures of 240°F to 250°F, attainable with pressure canners operated at 10 to 15 PSIG. PSIG means pounds per square inch of pressure as measured by gauge. The more familiar "PSIG" designation is used hereafter in this publication. At temperatures of 240°F to 250°F, the time needed to destroy bacteria in low-acid canned food ranges from 20 to 100 minutes. The exact time depends on the kind of food being canned, the way it is packed into jars, and the size of the jars. The time needed to safely process low-acid foods in a boiling-water canner ranges from 7 to 11 hours; the time needed to process acid foods in boiling water varies from 5 to 85 minutes.

Personal and Family Preparedness

Vision: Each family uses principles of provident living in their daily lives.

Mission: "Increase awareness and practice of home production and storage."