

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.
6,001 to 8,000 ft.	14 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.

Helen Idzorek is the Extension Home Economist and 4-H Agent for NMSU Cooperative Extension Service. She can be reached via email at hidzorek@nmsu.edu or at 505-662-2656.