



**A weekly question/answer column**

**Do I Need to Boil My Home-Canned Foods  
10 Minutes Before Using?**

*Charlotte Brennand\* answers:*

There have been some changes concerning boiling home-canned food for 10 minutes before eating. In the past, we always recommended that home-canned meats and vegetables be boiled for 10 minutes before serving. The general guideline today is IF you did everything perfectly, you can skip the 10-minute-boil step after opening home-canned products.

- Do not be creative with the canning recipes.
- Have dial gauge pressure canner lids tested annually.
- Follow the recipes exactly (example, hot pack is still truly hot packed).
- Make altitude adjustments depending on where you live.

The 10-minute boil is a safety precaution to inactivate any toxin present that might cause botulism. IF everything was done right in the pressure canning of meats and vegetables, then there should not be a problem. Properly home-canned fruits have never needed the 10-minute boil.

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