



Home Canning: How Much Should You Can?¹

United States Department of Agriculture, Extension Service²

The amount of food to preserve for your family, either by canning or freezing, should be based on individual choices. Table 1 can serve as a worksheet to plan how much food you should can for use within a year.

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Table 1. Suggested Preservation Plan For Canned and Frozen Foods.

Kind of Food	Servings/week ^a		My family needs				Quarts/year			
	Serving Size	Per Person		My family ^b	Cups/week ^c	Qts/week ^d	Weeks served/yr ^a	Total ^e	Canned ^a	Frozen ^a
		Suggest	Actual							
Example: Family of 4										
Fruits	1/2 cup	12	12	48	24	6	36	216	72	144
My Plan:										
Fruits-- apples, berries, peaches, plums, pears, tomatoes	1/2 cup	12								
Juices-- apple, berry, grape, tomato	1 cup	7								
Vegetables-- beets, beans, carrots, corn, peas, pumpkin, squash	1/2 cup	16								
Meat & Seafood-- red meat, poultry, shellfish, fish	1/2 cup	14								
Soups	1 cup	2								
Pickles & Relishes-- ketchup, fruit, pickles, vegetable pickles, relish, etc.	----	1/2 cup								
Fruit Spreads-- honey, jellies, jam, syrops, preserves, etc.	----	1/2 cup								
Sauces-- Tomato, etc.	1/2 cup	2								

^aYour family should make these decisions.
^bServings/week for my family = actual weekly servings/person multiplied by number of family members who eat that food.
^cCups/week = servings/week multiplied by recommended serving size.
^dQuarts/week = cups/week divided by 4.
^eTotal quarts/year = quarts/week multiplied by weeks served/year.