



Benefits

OF CANNING YOUR OWN FOOD

- **Nutritious** - Fruits and vegetables used for canning are picked at peak freshness, ensuring the best flavor and nutrient quality. Canned foods can be just as nutritious as fresh and frozen foods because canning preserves many nutrients.
- **Quality taste** - It's a fact, homemade food simply tastes better. You can't beat a quality home-canned product made from fresh, locally grown ingredients.
- **Eco friendly** - Canning your own food is an excellent way to reduce your environmental impact.
- **Sentimental connection/gifts** - Many people enjoy canning because it reminds them of a simpler time. Perhaps it was an activity that their mother or grandmother used to do. Additionally, canned foods make great gifts.

Canned foods are a convenient and affordable way to incorporate more fruits and vegetables into your diet. The process of canning ensures a long shelf life of at least one to five years. This may be beneficial for individuals who often throw away fresh produce due to spoilage.

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