

# POPULAR FOOD PRESERVATION PROS & CONS

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## water-bath canning

ideal for high acid foods like  
fruits, pickles, jams

### Pro:

- Requires minimal equipment (done with basic kitchen tools)

### Con:

- Not best option for limited space or ventilation as it gets quite hot

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## pressure canning

ideal for low acid foods like  
vegetables, meats & soups

### Pro:

- High heat & pressures destroys harmful bacteria like *Clostridium botulinum*

### Con:

- Requires careful monitoring of pressure & processing time for food safety
- Requires specialized pressure canner which may be costly or bulky

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## freezing

ideal for a wide variety of foods,  
including fruits, vegetables,  
meats, & baked goods.

### Pro:

- Maintains texture & flavor when stored properly
- Requires minimal equipment
- Flexible storage options for portioning

### Con:

- Requires freezer space
- Higher chance of freezer burn if not stored properly

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## dehydrating

ideal for fruits, vegetables, herbs,  
& meats

### Pro:

- Requires minimal equipment (either a dehydrator, oven or the sun!)
- Produces shelf-stable, lightweight foods easy to store

### Con:

- Not suitable for high moisture foods
- Can be time consuming to complete