

How Much to Can

The amount of food to preserve for your family should be based on individual choices. The following worksheet can help you plan how much food you should can for use within a year.

Suggested Preservation Plan for Canned and Frozen Foods

Kind of Food	Serving Size	Servings/Week (a)			My Family Needs					
		Per Person		My Family (b)	Cups/Week (c)	Qts/Week (d)	Weeks Served/yr (a)	Quarts/Year		
		Suggest	Actual					Total (e)	Canned (a)	Frozen (a)

Example: Family of 4

Fruits	½ cup	12	12	48	24	6	36	216	72	144
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My Plan:

Fruits—apples, berries, peaches, plums, pears, tomatoes	½ cup	12								
Juices— apple, berry, grape, tomato	1 cup	7								
Vegetables—beets, beans, carrots, corn peas, pumpkin, squash	½ cup	16								
Meats & Seafood— red meat, poultry, shellfish, fish	½ cup	14								
Soups	1 cup	2								
Pickles & Relishes— ketchup, fruit, pickles, vegetable pickles, relish, etc.	—	½ cup								
Fruit Spreads— honey, jellies, jam, syrups, preserves, etc.	—	2								
Sauces— tomato, etc.	½ cup	12								

- (a) Your family should make these decisions.
- (b) Servings/week for my family = actual weekly servings/person multiplied by number of family members who eat that food.
- (c) Cups/week = servings/week multiplied by recommended serving size.
- (d) Quarts/week = cups/week divided by 4.
- (e) Total quarts/year = quarts/week multiplied by weeks served/year.

Source: U.S. Department of Agriculture, Complete Guide to Home Canning, 2009