



Canning at High Altitudes

In most home canning recipes, recommended processing times for boiling water and pressure canners are stated for use at elevations of 0 (sea level) to 1,000 ft (305 m). Because air is thinner at higher elevations, water boils at temperatures lower than 212°F (100°C) and pressure levels are reached at lower temperatures. Lower temperatures are less effective in destroying microorganisms, so adjustments must be made to assure the safety of home canned foods preserved at higher altitudes.



When using a **boiling water canner** at altitudes higher than 1,000 ft (305 m), **processing times must be extended**.

BOILING WATER CANNER - ALTITUDE ADJUSTMENTS			
ALTITUDE		INCREASE Processing Time	
FEET	METERS		
1,001 – 3,000	306 - 915	5 minutes	
3,001 – 6,000	916 – 1,830	10 minutes	
6,001 – 8,000	1,831 – 2,440	15 minutes	
8,000 – 10,000	2,441 - 3,050	20 minutes	



When using a **pressure canner** at altitudes above 1,000 ft (305 m), the **pressure level is increased** but the recommended processing time remains constant. The type of pressure canner used determines the pressure adjustment.

Weighted Gauge Pressure Canner Altitude Adjustments			
ALTITUDE		WEIGHTED GAUGE	
FEET	METERS	lb	kPa
0 – 1,000	0 – 305	10	69
1,001 – 2,000	306 – 609	15	103
2,001 – 4,000	610 – 1,219	15	103
4,001 – 6,000	1,220 – 1,828	15	103
6,001 – 8,000	1,829 – 2,438	15	103
8,001-10,000	2,439 – 3,048	15	103

Dial Gauge Pressure Canner Altitude Adjustments			
ALTITUDE		DIAL GAUGE	
FEET	METERS	lb	kPa
0 – 1,000	0 – 305	11	76
1,001 – 2,000	306 – 609	11	76
2,001 – 4,000	610 – 1,219	12	83
4,001 – 6,000	1,220 – 1,828	13	90
6,001 – 8,000	1,829 – 2,438	14	97
8,001-10,000	2,439 – 3,048	15	103

How do I determine the altitude of my home?

Most local elevations or "altitude" can be determined by looking at a local map. Or, refer to the chart below. If you are not able to find data for your particular location, call Bernardin Ltd. toll free at 1-888-430-4231. One of our customer service representatives will be happy to assist you.

Elevations of Selected Canadian Cities		
CITY	Altitude-FEET	Altitude-METRES
British Columbia		
Kamloops	1133	345
Kelowna	1409	429
Prince George	2268	691
Terrace	713	217
Vancouver	14	4
Victoria	63	19
Alberta		
Calgary	3557	1084
Edmonton	2373	723
Lethbridge	3047	928
Medicine Hat	2352	716
Red Deer	2968	904
Vermillion	2025	617
Saskatchewan		
Regina	1894	577
Saskatoon	1653	503
Swift Current	2682	817
Manitoba		
Brandon	1343	409
Winnipeg	783	239
Ontario		
Barrie	968	295
Kenora	1344	409
North Bay	1215	370
Ottawa	374	114
Sault Ste. Marie	630	192
Thunder Bay	653	199
Toronto	569	173
Quebec		
Chicoutimi	544	166
Montreal	270	82
Quebec City	244	74
Sherbrook	792	241
Trois-Rivieres	199	61
New Brunswick		
Fredericton	67	20
Moncton	232	71
St. John	357	109
Nova Scotia		
Halifax	477	145
P.E.I.		
Charlottetown	160	49
Newfoundland		
St. John's	461	141
NWT Territories		
Inuvik	224	68
Yellowknife	675	206
Nunavut		
Iqaluit	110	34
Yukon Territory		
Dawson	1214	370
Whitehorse	2305	703