

Published based on [Reliable Ways Of Preserving Food.](#)

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In order to keep food from spoiling, store it and then consume it in the future we need to preserve it. There are many methods to preserve food and some of them turned into our hobbies. People, who wish to preserve their food, select various ways of doing that, such as drying, salting, brining or smoking. Another very popular way of preserving food is canning. Actually, no cans are involved, because it is the process of vacuum sealing in glass jars.

Canning, or the process of preparing food in airtight jars, is one of the most proven and reliable ways of preserving food. This way of preserving food was invented in 19th century and then experienced further development in its equipment and methods.

The only principle of preserving food is to stop enzymes and microorganisms development if food. This is a natural process in food, but it causes it to go bad. Every container, where the food is preserved, should also be properly sealed in order to prevent air to enter the container that can lead to oxidation and growth of airborne microorganisms.

The process of canning involves heating food in sealed container, which stops spoilage. All canning jars need to go through sterilization and heating process, before placing food in them. Then the food is also heated in these canning jars, which leads to spoilage agents' destruction. Any air that remains in food or in the headspace of the jar goes in between the lid and the jar, while the jar is heated. During the cooling process, the created vacuum in the jar sucks the lid inside and holds it properly until you wish to open it. And only if the seal is somehow broken, it can lead to food contamination inside the jar. If the seal is good, the food will be safe to eat and it will even maintain its flavor, freshness and texture for a long time and even without refrigeration.

You can also make preserves without the heating process, but in this case, the food needs to be kept in the refrigerator and it will not have such a long storage period.

Canning food is quite easy to do and it requires only several special utensils and equipments. If you use the proper methods, recipes and tools, canning food will be easy for you. Most of the tools and utensils you need for canning can be already found in all kitchens. And of course you can invest a little money into special canning equipment, which will make it even easier and safer for you. But the most important thing in canning is to stick to the canning recipes without any hesitation. This will ensure successful food canning and prevent wasting time, food and money.

Are you aware that [food storage](#) can save you from lots of problems during all sorts of emergency cases. Find out more about [food storage](#) on this [food storage](#) blog.

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