







Choose the jar that fits your needs

Jar Size – Choose from 3 jar sizes. Your recipe will guide you on the recommended jar sizes. Here are some suggestions to get you started, see chart.

		Ideal For	FREEZER SAFE
REGULAR MOUTH	Jelly Jars (8 oz) 	Jams, jellies, conserves and preserves	
	Pint (16 oz) 	Salsas, sauces, relishes and pie fillings	
	Quart (32 oz) 	Sliced fruits and vegetables, pickles, tomato-based juices and sauces	

NOTE: When filling freezer safe jars, leave 1/2 inch headspace to allow for food expansion during freezing.