



5

Biggest Canning Mistakes (and How to Avoid Ruining Your Food)

*A beginner-friendly safety guide for
confident home canning*

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The 5 Biggest Canning Mistakes (and How to Avoid Ruining Your Food)

Most canning failures don't happen because people are careless—they happen because no one taught them what actually matters.

Promise:

This guide shows you the 5 most common mistakes new canners make—and how to avoid spoiled jars, wasted food, and unsafe results.



The 5 Biggest Canning Mistakes (and How to Avoid Ruining Your Food)

1. Using the Wrong Canning Method

The Mistake:

Water-bathing low-acid foods (or guessing).

- Vegetables, meats, and soups must be pressure canned only
- Water bath is only for high-acid foods (jams, jellies, pickles, and tomatoes with added acid)

Why it matters:

This is the #1 food-safety issue in home canning.



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2. Skipping Proper Acidity

The Mistake:

Trusting “it tastes acidic” instead of following a tested recipe.

- Swapping vinegar types
- Reducing vinegar or lemon juice
- Using old or untested recipes
- Incorrect amount of citric acid

Why it matters:

Acidity controls botulism risk.



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3. Not Processing Long Enough (or at the Right Pressure)

The Mistake:

Shortening processing time to “save time.”

- Altitude not adjusted
- Pressure not maintained
- Timer started too early

Why it matters:

The filled jars must be processed at the correct temperature for the correct amount of time to produce a safe product. Heat + time = safety. Both must be correct.



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4. Poor Jar Prep & Sealing Habits

The Mistake:

Using dirty rims, reused lids, or overtightening the bands.

- Food residue on the jars prevents sealing
- Old lid seals can fail
- Bands tightened too much can cause seal failure

Why it matters:

A bad seal = spoiled food.

If the jars do not seal properly after processing, germs, bacteria, and mold can start to grow inside the jar.



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5. Ignoring Storage & Spoilage Signs

The Mistake:

Storing jars improperly or ignoring warning signs.

- Warm or sunny storage
- Not labeling dates
- Tasting questionable jars

Red flags:

- Bulging lids
- Leaking
- Bad smell
- Mold

👉 When in doubt, throw it out.



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****Bonus Mistake (VERY Common)**

The Mistake:

Not educating yourself first.

Canning isn't hard—but guessing is dangerous.



Knowing exactly what to can, how to prepare it, and how to do it safely every time is what builds confidence.

That's why I created:

Canning and Jarring Made Easy

A step-by-step beginner guide that walks you through:

- Safe canning methods (without confusion)
- Tools you actually need (and what to skip)
- Simple recipes perfect for first-time canners
- How to build a pantry you trust

👉 Get the full guide by clicking the links below:

E-book (ISBN: 9798233026805)

<https://books2read.com/canning-and-jarring-made-easy>

Paperback (ISBN: 9798295538292)

<https://shop.ingramspark.com/b/084?>

[params=UlBGIC43Hx8gg6xBGPUbEFh81oTpt4xjb3RQz_zB8gOh](https://shop.ingramspark.com/b/084?params=UlBGIC43Hx8gg6xBGPUbEFh81oTpt4xjb3RQz_zB8gOh)



Thank You!

I hope you found this e-book helpful as you step into the exciting world of canning. I'd truly love to hear from you—your experiences, your questions, and even your first canning wins! Reach out using the contact details below and let's keep the conversation going.

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