

## “DRY CANNING” ISN’T CANNING

Quite a few people are circulating directions for what they call “dry canning” as a method of storing dried foods. It is not a food preservation method we recommend.

### What is canning?

Just because canning jars are used in “dry canning” does not mean the suggested procedures fit the classic definition of canning.

Canning as a method of food preservation or processing refers to a procedure of heat treating closed containers of food with the goal of producing what is called a “commercially sterile”, vacuum sealed-food that can then be stored safely at room temperature. The preservation goal is to kill any spoilage and pathogenic (harmful) microorganisms that otherwise would be able to survive in food at room temperature storage. In some categories of foods, bacteria can also be controlled by acidity or moisture control as well as the heat of canning. In other foods (e.g., low-acid or slightly acid foods) heat usually has to do the whole job. Different foods will have different microorganisms targeted for killing or control, depending on the nature of the food.



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### Why dry canning isn’t canning

Canning is done with moist foods because the moisture inside the container would support the growth of microorganisms. Dried foods do not have the same concerns even if a food is low-acid because the removal of available moisture limits or prevents the growth of microorganisms. Storage of dried foods for long periods of time will take into consideration means to preserve food quality, however, as well as preventing reabsorption of moisture into the food.

“Dry canning” techniques I see circulating call for putting dried food like grains, beans, and nuts, into canning jars. In some methods, canning lids are then placed on the jars and the jars heated in an oven. Usually about 200°F is recommended. In other directions, the food in jars is heated without the lids, which are then placed on the jars when they come out of the oven. These procedures do not describe true canning preservation of food but instead would be considered a method of packaging dried foods for storage – one that, again, we cannot recommend because of several issues with it.

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## Health & Human Science News

### CALENDAR OF EVENTS

#### Sept 2025

- 1 **Office Closed** - Labor Day
- 8 Extension Homemakers Executive Committee - 2:00PM
- 8 Extension Homemakers Presidents Committee - 3:00PM
- 16 -20 Street Fair
- 29 Extension Homemakers Volunteer Day
- 30 Senior Snippets - 2:00PM
- 30 "Where Does Your Money Go?" Session #1 - 6:00PM

#### October 2025

- 7 Senior Snippets - 2:00PM
- 7 "Where Does Your Money Go?" Session # 2 - 6:00PM
- 13 **Office Closed** - Columbus Day
- 14 Senior Snippets - 2:00PM
- 30 Matter of Balance 1-3PM

#### November

- 10 Extension Homemakers Executive Committee - 2:00PM
- 10 Extension Homemakers Presidents Committee - 3:00PM
- 11 Veterans Days- Office Closed
- 19 ServSafe Training/Exam
- 27-28 **Office Closed** - Thanksgiving



### ServSafe Training Offered

Purdue Cooperative Extension Service will be offering several area Retail Food Certification class in 2025. This is for food handlers who need to obtain a Retail Food Certificate. Class information for the last half of the year is listed below.

Date	Location	Description	Time	Registration Link
September 23	Adams County Fairgrounds 160 W Washington St., Monroe, IN 46772	1-day Training/Exam	9 AM—4 PM Examen @ 4 PM	<a href="https://cvent.me/K2b8zl">https://cvent.me/K2b8zl</a>
October 28	Dekalb County Office Building 215 E 9th St., Auburn, IN 46706	1-day Training/Exam	9 AM—4 PM Exam @ 4 PM	<a href="https://cvent.me/N0VWx8">https://cvent.me/N0VWx8</a>
November 17	Steuben County Extension Office 317 S. Wayne St., Angola, IN 46703	1-day Training/Exam	9 AM—4 PM Exam @ 4 PM	<a href="https://cvent.me/X7BoE1">https://cvent.me/X7BoE1</a>
November 19	Well Co. Community Center 1240 4-H Park Rd., Bluffton IN 46714	1-day Training/Exam	9 AM—4 PM Exam @ 4 PM	<a href="https://cvent.me/4IKN0w">https://cvent.me/4IKN0w</a>
December 16	Allen County Extension Office 4001 Crescent Ave., Fort Wayne, IN	1-day Training/Exam	9 AM—4 PM Exam @ 4 PM	<a href="https://cvent.me/IAzIWa">https://cvent.me/IAzIWa</a>

# ROOTED AND RESILIENT HOMESTEADING CONFERENCE

**NOVEMBER 7 & 8, 2025  
COMMUNITY LEARNING  
CENTER - KENDALLVILLE, IN**

## **Friday, November 7**

**Hands-on Workshops to include:**

- Beekeeping
- Food Preservation - Fermentation
- Hog Processing
- Homesteading Health Hacks
- Small Engine Care and Repair
- Beekeeping

## **Saturday, November 8**

**Wide Variety of Sessions for Novice thru Seasoned Homesteaders, including a Kidsteader Track for young learners.**

- Financial Resources & Panel Discussion
- Food Preservation
- Freeze Drying and Flour Power
- Gardening

**Introducing Special  
Lunch Presentations  
each day:**

**Friday:**

### **First Aid on the Farm/Homestead**

Join us for a powerful keynote on staying safe where it matters most on the farm and homestead! Excited to offer Farm Safety Program packets to the first 100 to register.



### **Saturday: Graham Towerton**

We are so excited to have Graham Towerton join us; Graham is a Permaculture Consultant and COO of Permaculture Canada.

A retired 34-year veteran in Chemical

## **Complete Schedule/Info**

[HTTPS://BIT.LY/ROOTEDHOMESTEADCONFERENCE](https://bit.ly/rootedhomesteadconference)

**Registration opens:  
September 10**



If you have any need for accommodations to attend this program, or if you need an interpreter or translator, or special dietary needs, please contact Elysia Rodgers by October 27 at 260-925-2562 or [eberry@purdue.edu](mailto:eberry@purdue.edu). Anyone under 18 must be accompanied by a parent or guardian. Purdue University is an equal access, equal opportunity university.



## *"Dry Canning" Isn't Canning* *Continued from page 1*

**Issues with dry canning.** Here are some issues to think about with this concept:

1. This process is not "canning" just because it uses canning jars.
2. It is unknown if this process can sterilize the food, although it might cause vacuum sealing of jars. This would not be a time and temperature combination known to kill many bacterial spores or mold spores.
3. This method does not remove all of the oxygen from the jar before sealing and may trap moisture from the food if condensation occurs. While the presence of spores would not be an issue in very dry foods, any moisture pockets say from condensation or incompletely dried foods could be a problem. Moisture in the jar with some retained oxygen could support the growth of airborne molds or even bacteria not killed by the low heating in some seemingly dry foods. Some foods may seem dry to the consumer but still have enough moisture in them to come out upon heating and closing up in a container. This could be especially true of home dried foods.
4. The dry oven process used at home has never been shown to sterilize these various dry foods or produce the claimed extended shelf life with quality. In fact, there is no known researched shelf life for foods packaged just this way at home. Extended shelf life expectations are available for dry foods prepared and packaged by other methods (see the Utah State University Extension references below).
5. This heating could even make the quality of some foods worse. This could be either by moisture condensation upon cooling, or if the food is lipid-containing nuts and grains, increased enzymatic reaction causing rancidity.
6. A major manufacturer of canning jars and lids in the U.S. does not support the use of their jars and lids/sealing compound in this manner. Because this type of process is not recommended, doing it can be a waste of resources, time and energy.

## **Recommended storage methods for dry goods**

Thoroughly dried foods can be stored a fairly long time in airtight containers at moderate room temperatures or in the freezer. If you want to vacuum seal containers of dry foods, methods that will preserve them safely and provide better food quality include:

- 1) A vacuum sealing machine that has adapters for jars in addition to sealing bags if you want your food in jars. This vacuum packaging is done at room temperature without heating the food.
- 2) Oxygen absorbers inside your containers of these foods. Oxygen absorbers can help preserve the quality of foods and also aid in insect control.
- 3) If you are using the heating method to control for possible insect contamination of your dried food, the Utah State University booklet linked below has methods for heating and then cooling dry foods BEFORE they are packaged for storage. It also describes freezing procedures before packaging as an alternative to insect control. Even heating some foods on an open oven tray before packaging can cause some flavor changes that using the freezing method would not.

*Utah State University Extension methods, for example, for long-term storage of dry rice and beans:*

*10-year storage of rice: [https://extension.usu.edu/foodstorage/howdoi/white\\_rice](https://extension.usu.edu/foodstorage/howdoi/white_rice)*

*10 or more years for beans: [https://extension.usu.edu/foodstorage/howdoi/dry\\_beans](https://extension.usu.edu/foodstorage/howdoi/dry_beans)*

*A Guide to Food Storage for Emergencies, with more specific information and the oven or freezing methods for insect control:*

*[https://extension.usu.edu/foodstorage/ou-files/Food\\_Storage\\_Booklet2.pdf](https://extension.usu.edu/foodstorage/ou-files/Food_Storage_Booklet2.pdf)*

*Source:*

*<https://nchfp.uga.edu/blog/dry-canning-isnt-canning-to-me>*

*Special Thanks to*

*Nancy Flores at New Mexico State University and Karen Blakeslee at Kansas State University*



# Senior Snippets

**All Programs Held At:**  
Washington Park Indoor Pavilion  
710 S. Mulberry St  
Bluffton, IN 46714

## Understanding Alzheimer's and Dementia

**Sept 30, 2025, 2:00 PM**

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research, treatments, and resources.

## 10 Warning Signs of Alzheimer's

**October 7, 2025, 2:00 PM**

Alzheimer's and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's and what symptoms to look for, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis.

## Wits Workout – Forget Me, Not!

**October 14, 2025, 2:00 PM**

Come and exercise your brain so you don't forget how to use your mind in a powerful way! Have some fun and join us for a wits workout. It will help procedural memory and forgetfulness.

**To sign up or classes, email [events@blufftonindiana.gov](mailto:events@blufftonindiana.gov) or call (260) 824-6069**

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**PRESENTER -  
JANEL FRANKS  
HHS EXTENSION  
EDUCATOR, BLACKFORD  
COUNTY**



# **INTERNATIONAL NIGHT**

## **VIBRANT LIVING IN VALENCIA**

**WELLS COUNTY COMMUNITY CENTER  
1240 4-H PARK ROAD, BLUFFTON, IN  
46714**

**OCTOBER 30,  
2025  
6:30PM**

Wells County Extension Homemaker's invite you to learn the secrets to a vibrant life through lessons learned in the Mediterranean region of Valencia, Spain

Free to attend and open to the public. Call 260-824-6412 and let us know you are attending.

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## UPCOMING EVENTS

### Where Does Your Money Go?

How you handle money impacts your financial stability. Join Molly Hoag, Health and Human Sciences Educator, to learn about smart money habits that help you stay in control of your finances.

YOU WILL LEARN SMART MONEY HABITS LIKE:

- Keeping track of what you spend
- Finding where you're spending too much
- Knowing the difference between what you need and what you want
- Setting clear financial goals in writing
- Making a plan to spend and save wisely

### Workshops

Located at 4-H Community Center  
1240 4-H Park Rd, Bluffton, IN 46714

Must Attend Both Dates

- Session 1 - Sept 30 @6:00PM
- Session 2 - October 7 @6:00PM
- Contact 260-824-6412 by Sept 25 to sign up



### Extension Homemakers Volunteer Workday

9/29/25  
1:30 – 3:30 PM

### PRESSURE CANNER TESTING

Pressure canner testing is now available again at the Wells County Extension Office.

Drop off your dial gauge pressure canner at the Extension Office M-F, 8AM–4:30 PM. We will call you to pick it up once it's been tested.

Brands we test: Presto, National, Magic Seal, Maid of Honor

Canners can be dropped off at the Wells County Community Center, 1240 4-H Park Road, Bluffton.

Cost for the inspection is \$5.00.





Extension

Purdue University Cooperative Extension Service  
Wells County Office  
1240 4-H Park Road  
Bluffton, IN 46714-9684

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If you are in need of accommodations to attend this program, please contact Molly Hoag prior to the meeting at 260-824-6412 at least 2 weeks before the program date. For special dietary needs contact Molly Hoag at 260-824-6412 at least 2 weeks before the program date.

If you need an interpreter or translator, please contact Molly Hoag at least 2 weeks prior to the meeting at 260-824-6412

This bi-monthly publication is an educational service of the Purdue University Cooperative Extension Service—Wells County. Additional copies are available from the Wells County office located at 1240 4-H Park Road, Bluffton, IN within the Wells Co. 4-H Park.

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