









# Choose the jar that fits your needs

**Jar Size** – Choose from 4 jar sizes. Your recipe will guide you on the recommended jar sizes. Here are some suggestions to get you started, see chart.

REGULAR MOUTH	IDEAL FOR		FREEZER SAFE
	Jelly Jar (135 mL/4 oz) 	Jams, jellies, sauces and marmalades	
	Jelly Jar (240 mL/8 oz) 	Jams, jellies, sauces and marmalades	
	Preserving Jar (490 mL/16 oz) 	Salsa, relish, chutney and pie filling	
	Preserving Jar (945 mL/32 oz) 	Sliced fruits, vegetables, pickles and sauces	

**NOTE:** When filling freezer safe jars, leave 1 cm headspace to allow for food expansion during freezing.