

Is It Safe to Re-can Already Canned Foods?

**People often think that they can save money by buying larger containers of canned food, transferring the contents (or leftovers from the first one) to smaller jars and reprocessing it. Others wonder if this is a way to save leftovers from any size can for a longer time than they will keep in the refrigerator.**

**There are three main problems with doing this:**

- 1. There are no safe tested process to do this. The way heat goes through a jar of already canned foods is different than fresh food. The food will become very soft and compact more. This could lead to underprocessing and spoilage.**
- 2. There is not cost savings in re-canning foods.**
- 3. The food quality will be greatly reduced. Nutrients will be lost and more textural changes will occur.**

**Bottom line, do not plan to re-can any food.**