









# 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.

		IDEAL FOR	FREEZER SAFE
REGULAR MOUTH	Smooth Jars (135 ml/4 oz) 	Jams, jellies, marmalades, chutneys and smaller portion sizes	
	Pint (490 ml/16 oz) 	Sauces, pickles, atchar, chakalaka, vegetables	
WIDE MOUTH	Pint (490 ml/16 oz) 	Pickles, chutneys, and halved fruits and vegetables	
	Quart (945 ml/32 oz) 	Whole fruits and vegetables like tomatoes, peaches and green beans	

**NOTE:** When filling freezer safe jars, leave 1.25 cm headspace to allow for food expansion during freezing.