

Gr iv~c kYinMg - botUilzm qoN ikvyN bcxw hY Home Canning – How to Avoid Botulism

botUilzm kl hY Aqy ieh ikvyN huMdw hY

botUilzm PUF pOiezinMg dw ie~k gMBIr rUp hY jo mOq dw kwrn bx skdw hY[zihR *klositRfIAm* *botUilnm* duAwrw pYdw huMdw hY, ie~k bYktlrlAw jo Awm qOr 'qy im~tl iv~c, k~cy PIW Aqy sbzIAW, mlt Aqy m~Cl Aqy hor bhuq swry BojnW Aqy sqhW 'qy pwieAw jWdw hY[

botUilzm bYktlrlAw nml vwly, Awksljn-rihq vwqvwrx iv~c qyzl nwl guxw ho skdy hn Aqy ie~k bhuq SkqISwll zihR bxw skdy hn[ie~k cmcw 100,000 lokW f mwrn lel kwPI hY[

Gr iv~c glq kYinMg botUilzm bYktlrlAw f vDx lel sMpUrx vwqvwrx bxwauNdw hY[

botUilzm qoN bcx lel mYN ikhVY kdm cu~k skdw/dl hW?

botUilzm qoN bcx lel, Gr iv~c kYinMg krDY smyN bhuq izAwdw swvDwnl vrqo[au~c AYisf Aqy G~t AYisf vwly BojnW lel kYinMg dy v~Ko v~Kry qrlky hn[

au~c AYisf vwly Bojn

au~c AYisf vwly BojnW lel "aubwly pwxl iv~c Dox" dl ivDI dl vrqoN kro[AwlUbuKwrw jW rUbwrB au~c AYisf vwly BojnW dIAW audwhrxW hn["aubwly pwxl iv~c Doxw" Bojn f ipRzrv krn dl ivDI hY jo Awm qOr 'qy jYm bxwauX iv~c vrqI jWdl hY[ies iv~c slbMd jwrW dl ie~k tokrl f qyzl nwl aubldy pwxl dy ie~k v~fy pqllY iv~c pwxw Swml hY[aubldw pwxl izAwdwqr Kmlr, molf Aqy bYktlrlAw f mwrnw hY jdoN ik Bojn iv~c au~c AYisf botUilzm bYktlrlAw f vDx qoN rokdw hY[

G~t AYisf vwly Bojn

G~t AYisf vwly BojnW iv~c izAwdwqr sbzIAW, mlt Aqy smuMdrI Bojn Swml huMdy hn[G~t AYisf vwly BojnW lel botUilzm bYktlrlAw f mwrn lel loVINdy qwpmwn dy p~Dr q~k isRP pRYSr kYnr dl vrqoN krky hl phuMicAw jw skdw hY[botUilzm sporz s^q huMdy hn Aqy Awpxy Awp aubldy pwxl nwl nhIN mwrY jw skdy hn[

pRYSr kYinMg bwry mYf kl jwxn dl loV hY?

ie~k pRYSr kYnr ie~k v~fw, kwst-AYIUmlnm dw pqllw huMdw hY ijs iv~c ie~k lOk krn vwlv F~kx huMdw hY Aqy ie~k pRYSr gyj huMdw hY[dbwA hyT KwXw pkwaux duAwrw, qusIN aubldy pwxl dw qwpmwn 100°C (212°F) qoN 116°C (240°F) q~k vDw skdy ho[ieh botUilzm dy bljwxUAW f nSt krn lel zrUrl inmqm qwpmwn hY, Aqy sbzIAW, mlt Aqy smuMdrI Bojn vrgIAW KwX vwliAW clzW lel sur~iKAq f~bwbMdl dw ie~ko ie~k gwrMtlSudw qrlkw hY[

quhwfW pRYSr kYnr pUrIAW ihdwieqW dy nwl AwauXw cwhldw hY[hmySw iDAwn nwl auhnW dl pwlXw kro[iehnW nukiqAW f iDAwn iv~c r~Ko:

- BojnW f 5, 10 Aqy 15 pONf dy pRYSr 'qy pRosYs klqw jw skdw hY[ieh inrDwrq krn lel inrDYsw iv~c id~qy gey cwrT dl jWc kro ik qusIN jo Bojn f~bwbMd kr rhy ho, aus lel ikhVw pRYSr sur~iKAq hY
- pRosYisMg dw smW sur~iKAq r~Ky jwx vwly Bojn dl iksm Aqy jwr dy Awkwr 'qy inrBr krDW hY[KwXw pkwaux dy smyN f kdy vl G~t nw kro jW inrDYsw iv~c is&wrS klqy pRYSr f nw bdlo nhIN qW botUilzm bYktlrlAw AMiqm f~bwbMd Bojn iv~c rih skdy hn
- jYkr qusIN smuMdrI qI qoN 300 mltr (1,000 Pu~t) qoN v~D dl au~cweL 'qy rihMdy ho, qW pRYSr Aqy KwXw pkwaux dy smyN f AYfst krnw hovygw ikauNik pwxl G~t qwpmwn 'qy aubldw hY ijvyN-ijvyN aucweL vDdl hY
- KwXw pkwaux dy dOrwn shI pRYSr dy p~Dr 'qy phuMc jwx qoN bwAd, iesf KwXw pkwaux dy pUry pVwA dOrwn siQr r~iKAw jwxw zrUrl hY
- vzn vwly gyj Aqy fwiel gyjW dy Tik hox dl jWc klqI jwxl cwhldl hY[ieh Xklnl bxwauX lel ik quhwfy kYnr f sur~iKAq Aqy shI FMg nwl clwieAw jw irhw hY, isPwrS klqy gey tYsitMg Aqy bwrMbwrqw pRikrAwvW lel inrmwqw dy inrDYsw f iDAwn nwl pVHo
- slIW dl jWc kro[ieh suinSicq kro ik kYnr dy F~kx 'qy rbV dl sl tu~tl jW clrl nw hovy[jy loV hovy qW bdlo

- jdoN ieh pRYSr iv~c hovy qW kdy vl f~bw nw KolHo
- jwrW f pwxl iv~c TMfw nw kro, ies dl bjwey jwrW f kmry dy qwpmwn 'qy hOll-hOll TMfw hox idEF~kxW f dubwrw nw k~so

kYinMg lel ikhVy jwr sB qoN vDIAw hn?

ieh mh~qvpUrn hY ik quslN hYvl-ifaUtl jwr dl vrqoN kro jo Kws qOr 'qy GryLU kYinMg lel bxwey gey hn[

"mysn" iksm dy jwr - jo ik Dwgy vwll cUVI nwl grdn qy bMd huMdy hn - sB qoN Awm ivklp hn[F~kxW dl muV vrqoN nw kro[F~kx f bMd krn qoN bwAd ie~k sMpUrn iPt dl grMtl nhIN id~ql jw skdl hY[jwr f kel vwr vriqAw jw skdw hY, jdoN q~k ik irm iblkul Tik huMdy hn Aqy koel vl JrltW jW clr nhIN huMdy jo ik sll hox f rokdy hn[

vrqoN qoN pihlW jwr Aqy sllW f rogwxUmukq krnw bhuq mh~qvpUrn hY[jwr f rogwxUmukq krn lel, auhnW f 10 imMt lel aubwlo[FkxW f rogwxUmukq krn lel, inrmwqW dIAW ihdwieqW dl pwlxw kro[

GryLU f~bwbMdI lel vpwrk jwr, ijvyN ik Kwll pInt btr jwr dl vrqoN nw kro[vpwrk jwr sur~iKAq FMg nwl vrqy jwx lel ieMny mzbUq nhIN hn[

jykr Gr dw f~bwbMd Bojn shl nw l~gy qW quhwf kl krnw cwhldw hY?

botUilzm duAwrrw dUisq Bojn Awm idKwel dy skdw hY Aqy ausdl Awm mihk ho skdl hY, ijs nwl ieh d~sxw muSkI ho jWdw hY ik kl ieh zihrlW hY[

kdy vl Aijhw Gr iv~c kYn klqw Bojn nw KwE, jW cKo jo:

- Krwb jwpdw hY
- J~g vwlw hY
- pkwaux dOrwn ie~k mwVI gMD pYdw huMdl hY
- kMtynr dw F~kx auBirAw hoieAw hY jW Ilk ho irhw hY
- quhwf XklN nhIN hY ik Bojn shl qrHW f~bwbMd sl jW nhIN

iksy vl SMkw Xog kMtynr Aqy Bojn f vwtrpRUP kMtynr iv~c r~Ko Aqy iesf kUVy iv~c su~t idE[Awpxy pwlqU jwnvrW jW ikxy hor jwnvr f SMkw Xog Bojn nw KuAwE[ies f su~tx qoN bwAd, Awpxy h~QW f grm swbx vwly pwxl nwl cMgl qrHW Dovo[nwl hl, Bojn, f~by, jW quhwfy h~QW duAwrrw CUhy ikxy vl brqn jW sqh f Dovo[

kYinMg krdy smyN ikhVy mh~qvpUrn kdm cu~kxy cwhldy hn?

kdy vl jwr dy Awkwr jW sm~grl dl mwqrw f nw bdlo jo ivAMjn iv~c is&wrS klqIAW gelAW hn[isKr 'qy is&wirS klqI QW f C~f ky jwr f Bro[sur~iKAw lel, kYinMg krdy smyN tYst klqy pkvwnW dl vrqoN kro[

kYinMg dy swry pVwvW dOrwn G~to-G~t 20 sikMtW lel swbx vwly pwxl nwl h~Q Dovo[isr& cMgl kuAwiltI dl aupj (PI, sbzIAW) dl vrqoN kro ijnHW iv~c koel k~t, clr jW au~ll nw hovy[ipRzrv klqw jw irhw Bojn kYinMg qoN pihlW TMfy plx vwly pwxl dl vrqoN krky sw& klqw jwxw cwhldw hY[auqpwd, Aqy k~cy mlt, poltrl, m~CI Aqy smuMdl Bojn lel v~Kry kitMg borfW dl vrqoN kro[Bojn iqAwr krn qoN pihlW Aqy bwAd iv~c kMm dIAW swrlAW sqhW f sYnlwtiez kro[sqHw f sYnlwtiez krn bwry hor jwxkwrl lel, [HealthLinkBC File #59a Bojn sur~iKAw: Bojn nUM sur~iKAq bxwaux dy Aswn qrlky dyKo\[](#)

Gr dy swry f~bwbMd BojnW f TMfl, su~kl QW 'qy stor krn qoN pihlW aunHW f lybl kro Aqy qrlk ilKo[jdoN kMtynr KoilHAW jWdw hY, bcy hoey Bojn f Pir~j iv~c r~Ko, Aqy ie~k h&qy dy AMdr vrqoN[sB qoN vDIAw kuAwiltI lel, nw KolHy kYn klqy jW boql bMd BojnW dl vrqoN ie~k swl dy AMdr kro[

hor jwxkwrl lel

Gr iv~c klqI kYinMg pUrl qrHW sur~iKAq hY, pr ies f shl FMg nwl krn dl loV hY[ies f Azmwaux qoN pihlW GryLU kYinMg bwry pVHnw ie~k cMgw ivcwr hY[ies ivSy 'qy ikqwbW jW qW lwiebRyrl jW storW iv~c auplbD hn[pRYSr kYnr IgBg hmySw inrdySW dy nwl AwauNdy hn[jykr quhwfy kol ie~k purwxw pRYSr kYnr hY Aqy quslN EpriyMg inrdyS nhIN l~B skdy ho, qW ie~k kwpl lel inrmwqW nwl sMprk kro[

hor jwxkwrl lel, ie~Qy jwE:

- UnlockFood.ca – hom kYinMg: SurU krnw www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/Home-Canning-FAQs.aspx
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