

How to apply Metal Twist Caps

Twist top jars are ideal for packaging food or preserving products as their caps create a vacuum seal.

The jars have a four start thread, with each extending one third of the way around the neck of the jar. The metal twist caps have four lugs which latch onto the jar threads. The caps should be **tightened gently as over-tightening the cap can stretch the lugs** and cause the cap to spin rather than seal. When sealed correctly the lugs are designed to break the vacuum to allow the cap to be removed.

To make a good seal

1. Preheat and sterilise both jars and caps.
2. Pour in hot contents, leaving at least 10mm between the product and jar top.
3. Wipe the neck of the jar, place the cap on top and twist it gently.
4. Invert the jar and allow the heat of the contents to soften the inside of the cap.
5. Allow it to cool whilst upside down, this creates a vacuum that sucks the cap on and creates a firm seal.
6. When cool turn the jar the right way up and check the seal by tapping the cap with a piece of wood (such as a chopstick).
7. If the cap 'rings' the seal is good, if the sound is dull the cap should be removed and resealed.
8. When opened the jar should give a slight pop as the seal is broken.

Be careful not to overfill your jar

If the jar is overfilled the vacuum is unable to form and this can cause the caps to pop off.

It is recommended you leave at least 7% of the volume of the jar unfilled – e.g 35mls in a 500ml jar.

