Food Safety for Cottage Food Operations
Brought to you by
The Florida Department of Agriculture and Consumer Services
Division of Food Safety

Fresh from Florida®
Risk factors that contribute to food-borne illness

- Food handler health and personal hygiene
- Unclean food equipment
- Inadequate cooking of potentially hazardous foods
- Improper hot and cold holding of potentially hazardous foods
- Food from unsafe or unapproved sources
Food handler health and personal hygiene

- **WASH YOUR HANDS!!!**
- Before you begin handling food
- After using the toilet
- When you change tasks
- Whenever you touch your hair, face, the dog, the kids, etc
Food handler health and personal hygiene

• Wash with warm, clean, potable water.
• Use soap and lather good, washing for at least 20 seconds. Sing “Happy Birthday” to yourself twice!
• Dry your hands with a paper towel or an air dryer. DO NOT USE THE KITCHEN TOWEL OR A COMMON TOWEL IN THE BATHROOM!!!!
Food handler health and personal hygiene

Several illnesses can be transmitted by food handlers through the food they prepare. The “Big Five” are:

* Salmonella
* E. coli O157:H7
* Shigella
* Hepatitis A virus
* Norovirus
Food handler health and personal hygiene

• DO NOT PREPARE FOODS IF YOU HAVE BEEN DIAGNOSED WITH OR LIVE CLOSELY WITH SOMEONE DIAGNOSED WITH ANY OF THE “BIG FIVE” ILLNESSES!!!!!!!!!!
Food handler health and personal hygiene

- Symptoms of the “Big Five” include:
  - Vomiting
  - Diarrhea
  - Sore throat with fever
  - Jaundice

- Please do not prepare foods if you are suffering from any of these symptoms, or are caring for someone who is suffering from these symptoms.
Food handler health and personal hygiene

• If you have a cut or sore on your hands or exposed part of your arm, cover it with an impermeable, waterproof bandage and keep it clean and dry.

• Do not touch any “ready to eat” food with your bare hands. Wear gloves, use service papers or use tongs instead!
Unclean Equipment

• All food contact surfaces and equipment should be washed, rinsed and sanitized before they are used.

• A simple sanitizing solution is 1 gallon of water with 2 tablespoons of bleach.

• Save the sponges for when you wash your equipment, wipe your counters with rags soaking in a sanitizer (bleach) solution.
Inadequate cooking of potentially hazardous foods

• Different foods have different cooking temperatures to kill the bacteria or microorganisms that are commonly found in them.

• Undercooking foods can cause a person to get sick.
Inadequate cooking of potentially hazardous foods

• Here are some cooking temperatures for various foods:
• Poultry (chicken, turkey, duck), wild game and any leftovers—165°F
• Ground beef, pork, and other chopped meats and fish—155°F
• Pork chops, steaks, eggs, ribs, beef, fish, etc.—145°F
Inadequate hot and cold holding temperatures

• Hot foods should be held at 140*f or higher.
• Cold foods should be held at 40*f or lower.
• Try to set your refrigerator to keep your food at 38*f or lower.
• Hot food should be cooled from 135*f to 70*f within 2 hours, and then from 70*f to 40*f or below within 4 hrs or a total cooling time of 6 hours.
Food from unsafe or unapproved sources

• You must make your cottage food from ingredients that you get from a licensed or “approved source”.

• Your cottage food becomes a “food from an unapproved source” when we find it in a grocery store, restaurant, etc!
Food from unsafe or unapproved sources

- Whole, uncut or unprocessed fruits or vegetables can be sold without a permit.
- Florida is a “Pasteurized Milk State”, so you cannot use raw milk, cream, butter, yogurt or cheese to make your cottage food product.
- You cannot use yard eggs, nest eggs or any eggs other than those purchased from a licensed dealer/retailer.
Avoid cross contamination

- Avoid contaminating fruits, vegetables and other food items with the juices from raw meats and poultry.
- Always store raw meats and poultry on the bottom shelf of your refrigerator.
- Wash, rinse and sanitize any food equipment used for raw meat and poultry before using it to prepare any ready-to-eat foods.
- Wash your hands after handling raw meat and poultry
Any Questions????

- Check out our website at: www.freshfromflorida.com
- Other websites for food safety: www.foodsafety.gov www.consumersunion.org
- Contact the division at 850-245-5520
- But don’t call us ‘til you’ve googled it!!!