

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!!!

