

Cottage Food in AZ: The Challenges of an Evolving Program

February 2, 2017

Presenting To

Environmental Health Conference | Laughlin, NV

Blanca Caballero | Food Safety & Environmental Services Program Manager



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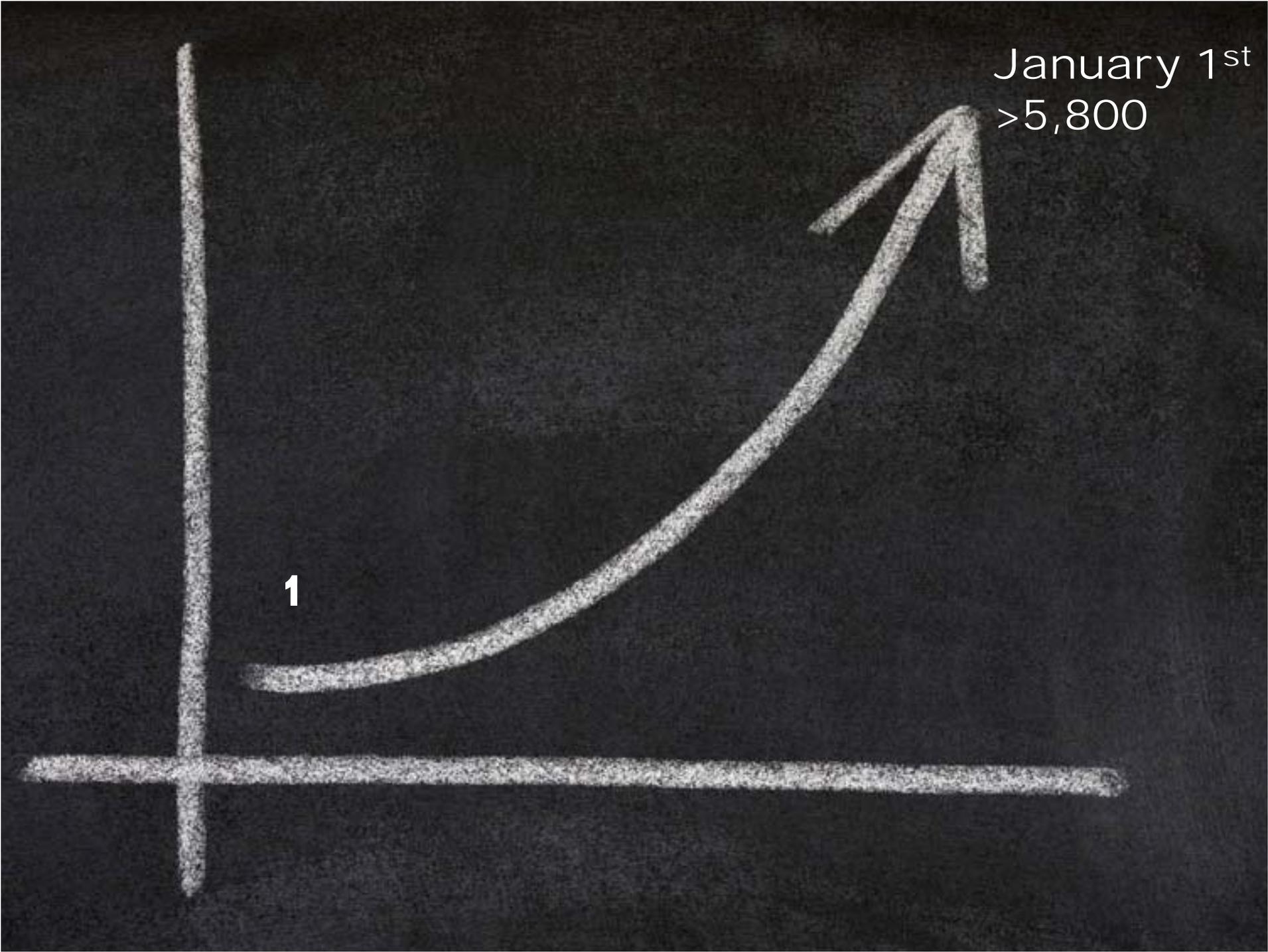


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January 1st
>5,800

1



Home Baked and Confectionery Goods

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Home



- [Winter 2016 Home Baked Goods Newsletter](#) is now available
- [Registrants as of January 1, 2017](#)



Program
Registration

Arizona residents must be authorized to prepare food for commercial use.



Food Handler Cards

Detailed info about how to obtain a food handler card in your area.



Production
Guidelines

Learn more about how to properly prepare your home baked goods.



Labeling
Requirements

Find the information required to be on your product's label.



Approved Foods

Determine if your product is considered to be potentially hazardous, and if it is approved or not.



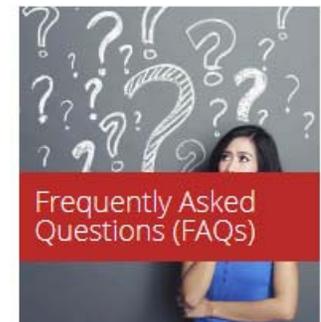
Frosting & Seasonal
Foods

Find out what frosting and icings you can use on your desserts.



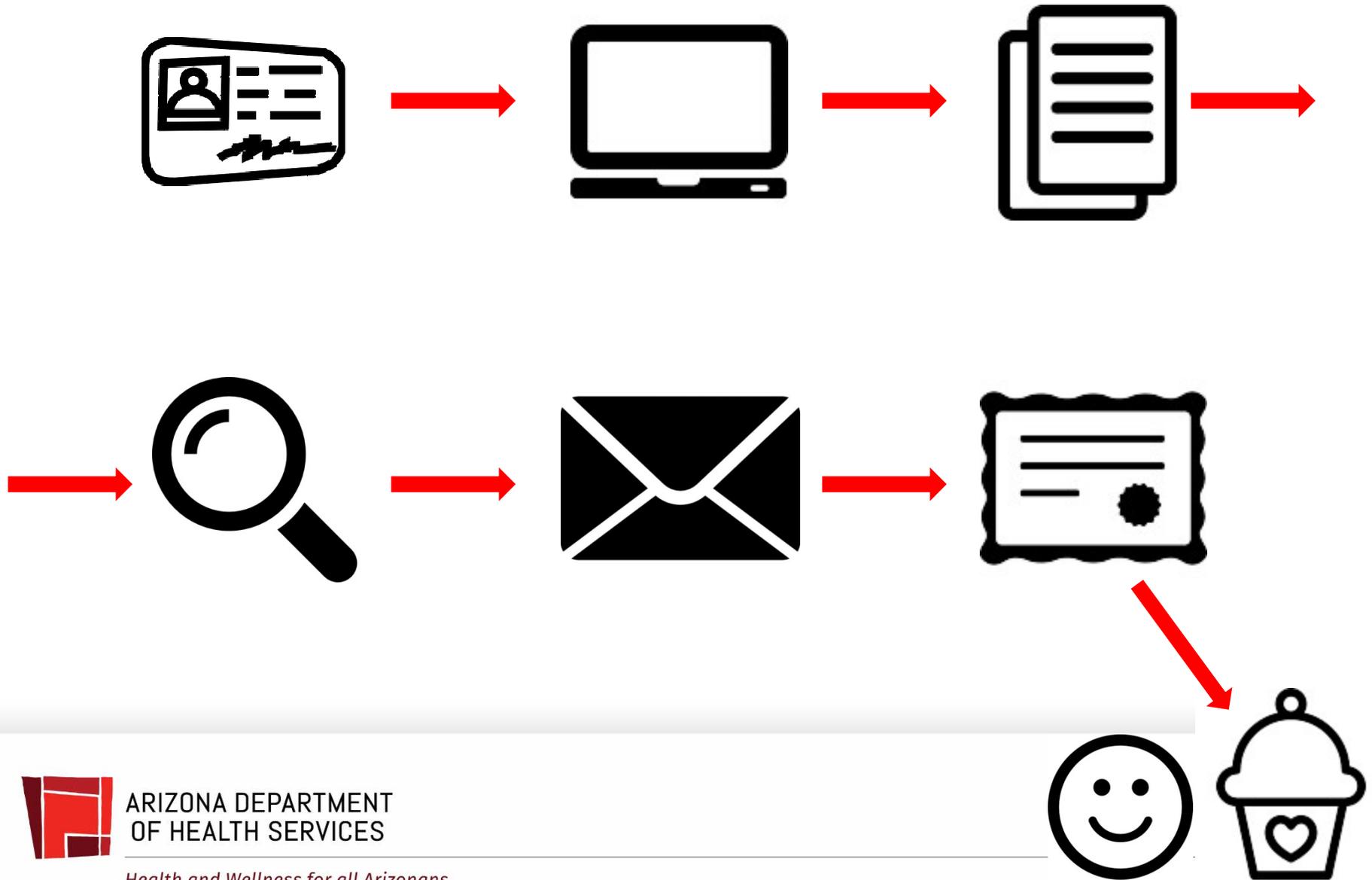
Healthy Recipes

Looking for a new recipe? Check out these from the USDA.



Frequently Asked
Questions (FAQs)

Get answers to some of the most frequently asked questions.

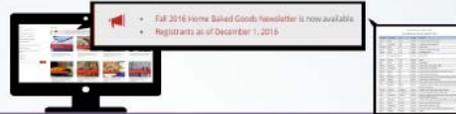


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Home Baked and Confectionery Goods PROGRAM REGISTRATION ROAD MAP


Have something you want to make and sell?



1. Search (Ctrl-F) the list of registrants on our website for this item. If it's on the list, it is most likely approved, and you can skip to Step 3!



4. Register for the program, and sign up for our mailing list.

3. Get food handler's training as required. Contact your county's environmental health office with any questions you have.

2. Call or email us about items you want to make that are not on the list:
602-364-3118
HomeBakedGoods@azdhs.gov



5. Check your email for a certificate of registration. It will arrive in 2-3 business days.

6. Print off your FREE certificate, and you are ready to go!

Did you move?  Change your contact information? 

No need to submit another registration! Simply

- 1 Email us with your new information.
- 2 Receive an updated certificate within 1-2 business days.



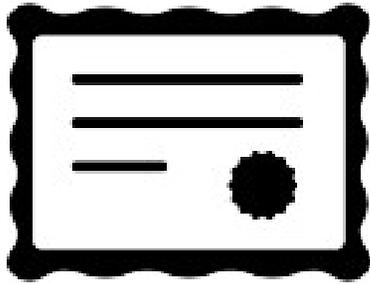
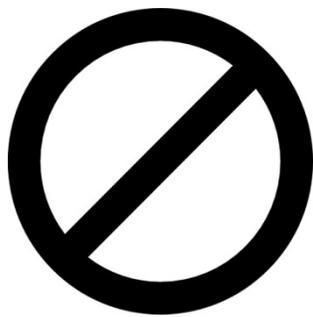
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Office of Environmental Health
150 N. 18th Avenue, Suite 140
Phoenix, AZ 85007
602-364-3118



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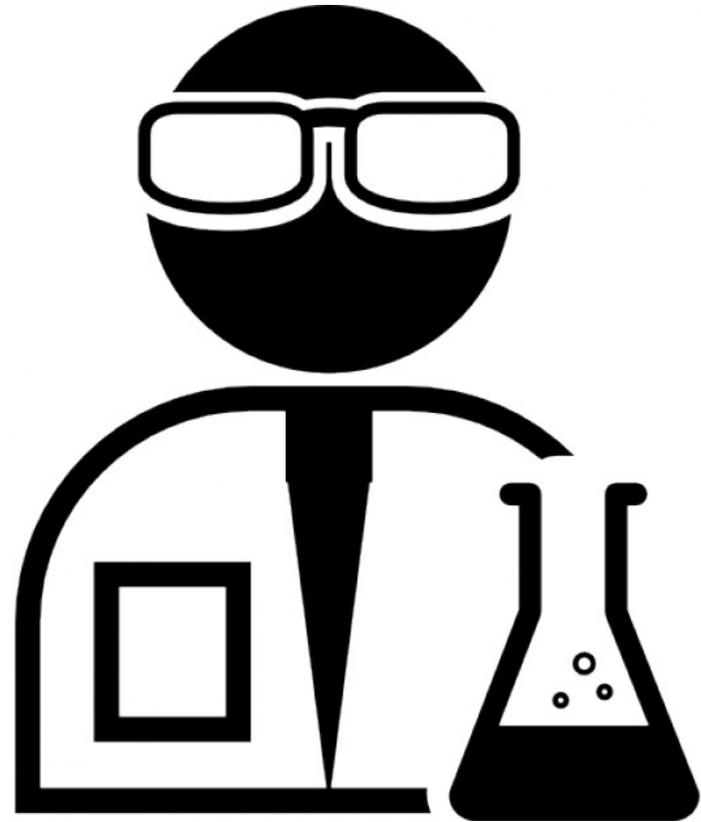
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$\text{pH} \leq 4.6$

OR

$A_w \leq 0.85$



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A statement that the baked or Confectionery goods are prepared in a private home

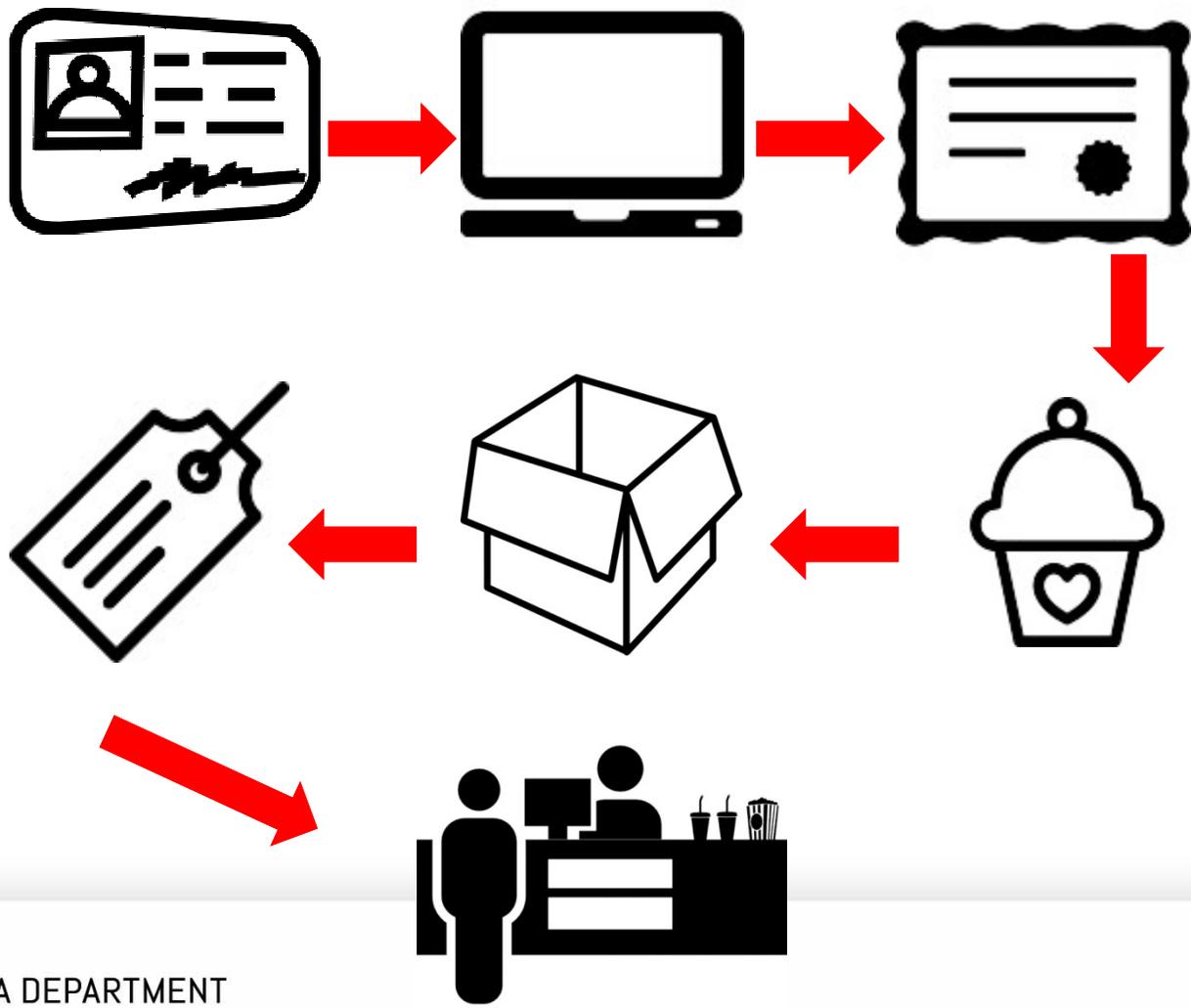
OR

If applicable, a statement that the baked or Confectionery goods are prepared in a facility for individuals with developmental disabilities.



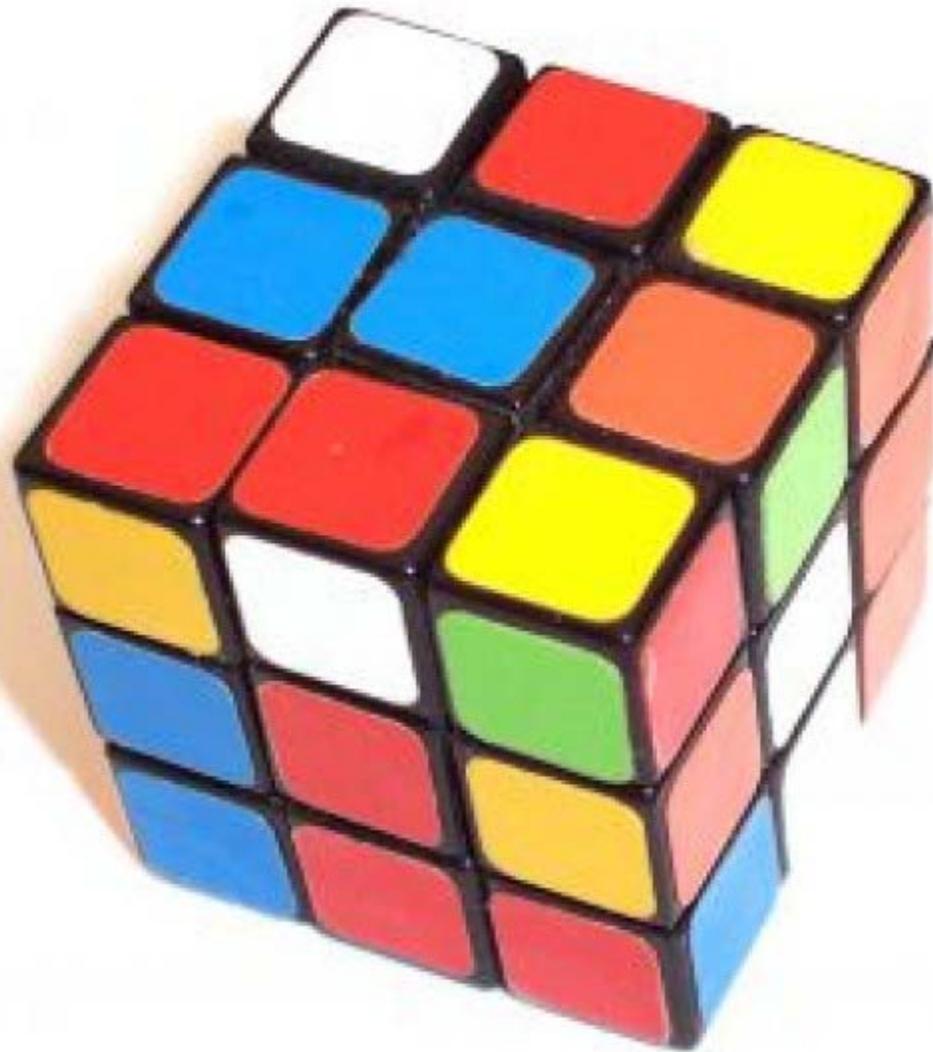
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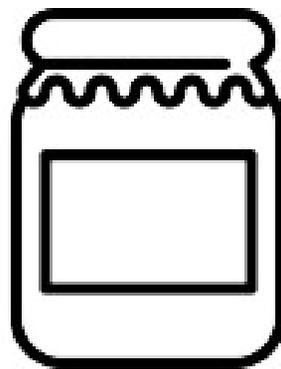
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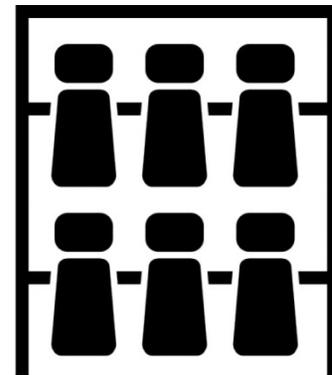
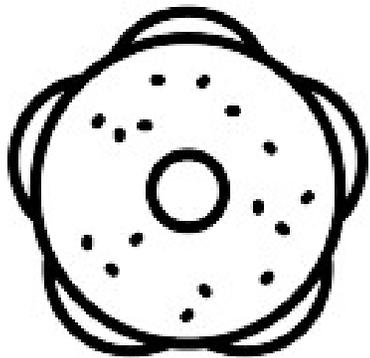




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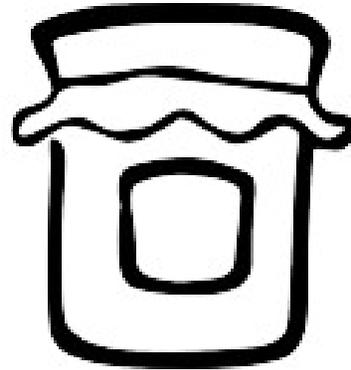
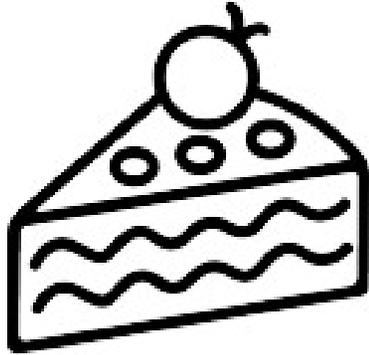
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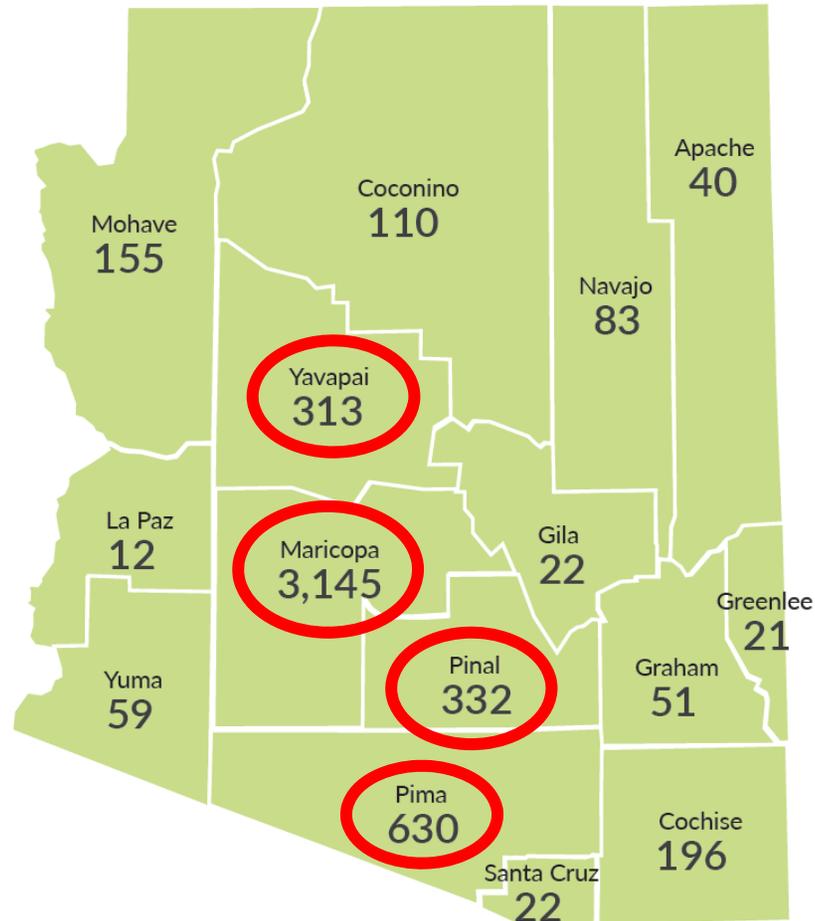
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Registrants Across Arizona



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Home Baked and Confectionery Goods Program

Allows registered individuals to sell non-potentially hazardous, home baked and confectionery goods.

All products must be packaged and labeled with the following information:

1. The name, address, and telephone number of the registrant;
2. A list of the ingredients in the home baked or confectionery goods;
3. A statement that the home baked or confectionery goods are prepared in a private home; **and**
4. If applicable, a statement that the baked or confectionery goods are prepared in a facility for individuals with developmental disabilities.



Products must be prepared in the kitchen of a private home for commercial purposes under the supervision of an individual who has obtained a food handler's card, if issued by the county in which the individual resides. Individuals must be registered with the program, as required in A.R.S. § 36-136(H)(4)(g).



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Home Baked and Confectionery Goods Program

5,501 REGISTRANTS

Welcome to the Fall 2016 issue of the Home Baked and Confectionery Goods Program Newsletter! This newsletter is designed to inform registrants of Program requirements and changes and to connect home bakers from across the state. Questions or comments? Send an e-mail to HomeBakedGoods@azdhs.gov.

IN THIS ISSUE

Fats, Oils, and Grease: Clearing the FOG

What is Potentially Hazardous Food?

Quiz: Can You Identify the Approved and Unapproved Foods?

Home Baker of the Quarter: Pam Field of Nana B's Gourmet Cookies and Sweet Treats, LLC

Recipe: Whole Grain Apple-Pumpkin Muffins

Fats, Oils, and Grease: Clearing the FOG

Fats, oils, and grease – or FOG for short – are causing problems for cities everywhere, and home bakers registered with the Home Baked and Confectionery Goods Program need to know why. When FOG is poured down the drain in your home kitchen, for disposal or as a byproduct of cooking, baking, or cleaning up, they can stick to the inside of your sewer line and city sewer pipes. Over time, FOG can build up in the inside of the pipes and restrict the flow of water up to the point of a complete blockage. When this happens, it may not only be your residence that experiences a backup – it may be the sanitary sewer for the city. When the sanitary sewer overflows, it sends untreated wastewater back and out of manholes and into city streets. Sanitary sewer overflows can damage property, require expensive repair, pose a threat to public health and the environment, and necessitate extensive cleanup by the city.

Some cities in Arizona have noted an increase in sanitary sewer overflows in recent years. The majority of FOG-related sanitary sewer overflows originate in residential areas. Knowing this, bakers who make large quantities of home baked goods may unwittingly be contributing more FOG at a higher rate to the sewer system than typical residences.

What can you do? Check out these tips from Arizona cities' FOG and water services programs:

- ✓ Never pour grease or oil down sink drains or into toilets.
- ✓ Scrape food from dishes into the trash and wipe down greasy pots and pans with a paper towel before washing, then discard the paper towel in the trash.
- ✓ Collect hot grease in an aluminum foil lined bowl – once the grease hardens, remove foil and place in the trash.

Did you know?

Hot water and soap do not simply wash away the fats, oils and grease that you pour down the drain! The FOG eventually cool and harden in the sewer pipes, causing blockages.

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- ✓ Cover your kitchen sink drain with a strainer. This prevents small food particles with FOG on them from going down the drain.
- ✓ Pour cooking oils and grease into a small container with absorbent material, such as a paper towel or coffee grounds. When the container is full, cover it with a tight lid and dispose of it in the trash.

To learn more, contact your city's FOG control program or water services division.

What is Potentially Hazardous Food?

The Home Baked and Confectionery Goods Program enables registrants to produce home baked or home prepared confectionery goods for sale that are not potentially hazardous. But what does potentially hazardous mean? Potentially hazardous foods (PHF) are those that require temperature control for safety to limit the growth of illness-causing microorganisms – a.k.a. pathogens. If that makes you think of foods that need to be refrigerated, such as milk, meat, or cooked vegetables, you have the right idea!

PHF is actually a technical term. To determine if a food is PHF, scientists consider two qualities: moisture content (called water activity) and acidity or basicity (called pH). The relationship between these qualities let scientists know whether a food can support the growth of pathogens. View the definition on FDA's website and read more about how FDA evaluates and defines PHF foods.

Generally speaking, when you combine ingredients, some of which are PHF and some of which are not, the resulting combination is assumed to be PHF. That's why cream cheese frosting – made with cream cheese, a PHF food – is not allowed under the Home Baked and Confectionery Goods Program. Similarly, buttercream frosting, made with loads of delicious butter – another food considered to be PHF – is not allowed. In the case of cakes and cookies, the batter for these foods is PHF – because of raw eggs, butter, etc. – but baking renders them non-PHF.

What if you think your frosting recipe – or other baked/confectionery good – is probably not PHF, but is not allowed under the program based on its ingredients and/or its general understanding to be a PHF food? Is there anything you can do to prove it is not PHF so that you can make and sell it under the Home Baked and Confectionery Goods Program? The answer is: Yes! Well, maybe. You can have an accredited food lab test your home baked/confectionery product for water activity and pH. If the results of the tests show that your recipe doesn't yield a food that is PHF, you can submit the results to the HBCG program for consideration.



Now that you know what PHF means, test your knowledge of approved and unapproved foods under the Home Baked and Confectionery Goods Program. This quiz is anonymous, free, and doesn't require registration – it's just for fun!

QUIZ ME!

Home Baker of the Quarter: Pam Field of Nana B's Gourmet Cookies and Sweet Treats

Nana B's Gourmet Cookies and Sweet Treats, LLC - Prescott Valley, Arizona

For orders, call 928-710-0272 or 928-775-2859

What products do you sell and what is your most popular product?

I make cookies and lots of other goodies! It's so hard to say what's most popular, but my carrot cake is very popular even though there is no cream cheese frosting (I use a glaze instead). The most popular cookies are probably chocolate chunk cookies with pecans and oatmeal raisin cookies with macadamia nuts. At Christmas, I make hand-dipped peanut butter balls – my family says, "Christmas isn't Christmas without them!" and I think my customers agree.

Where is your business located?

I make my cookies at my home in Prescott Valley. I get my orders from friends and family and word of mouth. Happily, I've had wonderful responses and support from family and friends. Recently, I've received lots of orders from my dad's Assisted Living residence which has given my business a tremendous boost!



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Hot New Look: We Updated Our Website!

In November 2016, we updated our website so that the answers to your biggest questions were putfront and center. The changes that we are most excited about (and we hope that you are too!) are the creation of the "Approved Foods" and "Frosting & Seasonal Foods" sections.

The "Approved Foods" section has the following information:

-  A list of our most commonly approved and rejected products,
-  A link to our list of registrants so you can see all the food items we have approved in the past, and
-  An explanation of what "potentially hazardous" means.

The "Frosting and Seasonal Foods" section lists all the ingredients that should not be in your frostings or icings, and gives you a list of substitutions that past home bakers have used with success. It also lists popular seasonal foods and what you can make with them. Please feel free to let us know about any non-potentially hazardous substitutions or alternative products that you make, so we can share that information!

Check out the updated website and tell us what you think!

www.azhealth.gov/homebakedaz
www.azdhs.gov/homebakedaz



Approved Foods

Determine if your product is considered to be potentially hazardous, and if it is approved or not.



Frosting & Seasonal Foods

Find out what frosting and icings you can use on your desserts.



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Home Baked and Confectionery Goods

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Approved Foods

Example List of Approved and Non-Approved Products (list not all-inclusive)

Approved

Cookies

Sweet breads and Bread

Cakes with hard icings or frostings

Fruit pies with fruit and sugar fillings

Candies

Brownies and Fudge

Toffee

Divinity

Bagels

Donuts

Not Approved

Custards

Puddings

Cakes with custard fillings

Meringues, Sweet Potato Pie, Pecan pie

Cheese cakes

pumpkin pie, cream or custard pie

Salsa

Jerky

Jams

Jellies



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Frosting and Seasonal Foods

Frostings or icings cannot contain milk, cream, butter, margarine, egg, whipping cream, cream cheese, or meringue powder. Dairy alternatives like soy or nut milks or vegan butter are also not allowed. Some substitutions that you may want to consider include shortening, ghee (clarified butter), and coconut oil.

“Buttercream” frosting can only be made with shortening (no butter or margarine).

Frosting: What makes the cake?

We have received multiple questions regarding hard icing and/or frosting. Here is the scoop: hard icing must be shelf-stable, not require refrigeration, and should not support the growth of microorganisms. Examples of hard icing include: Confectioners’ sugar icing, candy clay, glazes, gum paste, and fondant.

Fall

Pumpkin: Pumpkin pies or cheesecakes are not approved. However, pumpkin breads, cakes, cookies, muffins, or rolls are approved.

Pies: Pumpkin pie, pecan pie, sweet potato pie, and cream or custard pie are not approved.

Custards, puddings, cupcakes or cakes with custard or cream fillings, meringues, cheese cakes, cream or custard pies, and other desserts with high pH and water activity are not allowed.



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S **T** **R** **A** **T** **E** **g** **y**

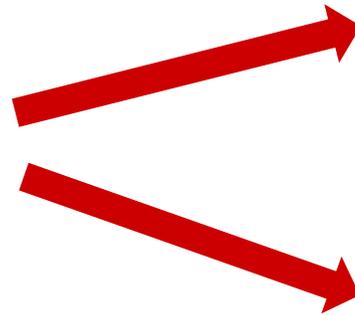
The word "STRATEGY" is displayed on a corkboard. Each letter is cut from a different colored piece of paper and pinned to the board. The letters are: 'S' on an orange piece with a yellow pushpin; 'T' on a white piece with a yellow pushpin; 'R' on a blue piece with a yellow pushpin; 'A' on a green piece with a blue pushpin; 'T' on a black piece with a red pushpin; 'E' on an orange piece with a red pushpin; 'g' on a green piece with a red pushpin; and 'y' on a white piece with a yellow pushpin.



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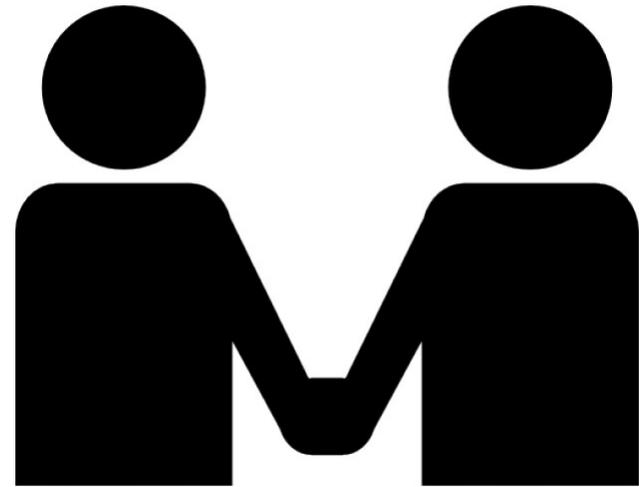
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**IMMEDIATE
ACTION!
REQUIRED**



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Meet Lillian!



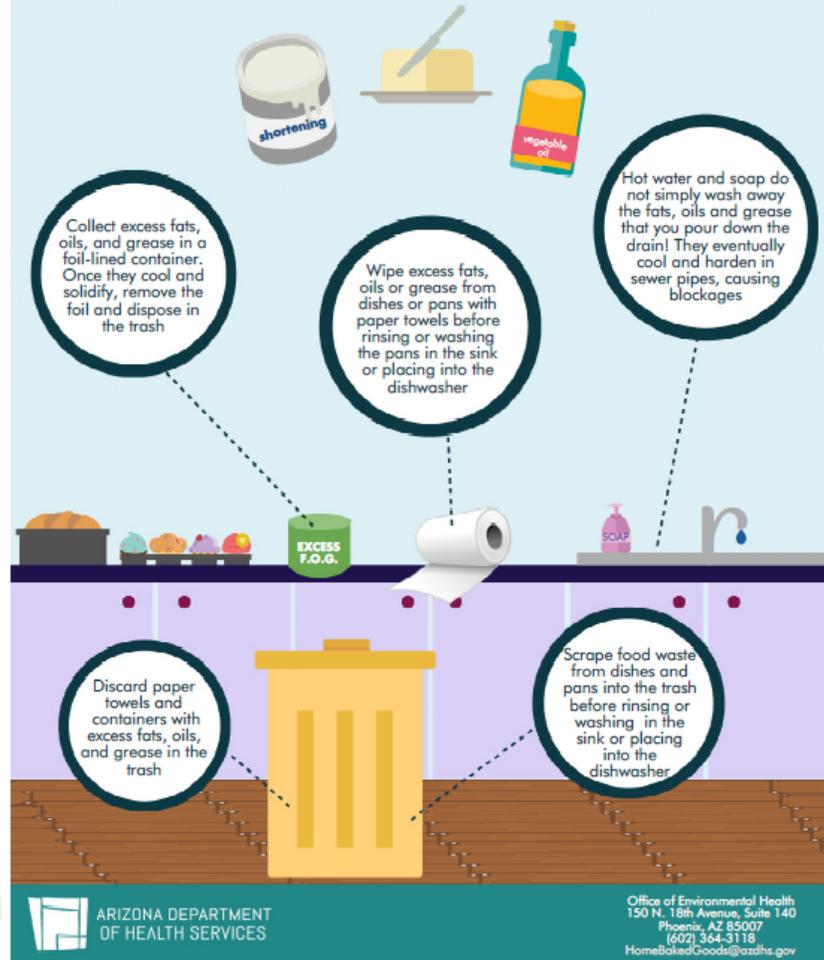
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Clear the F.O.G.

Prevent sewage from backing up into your home or the city streets!

Keep Pipes clear of Fats, Oils and Grease



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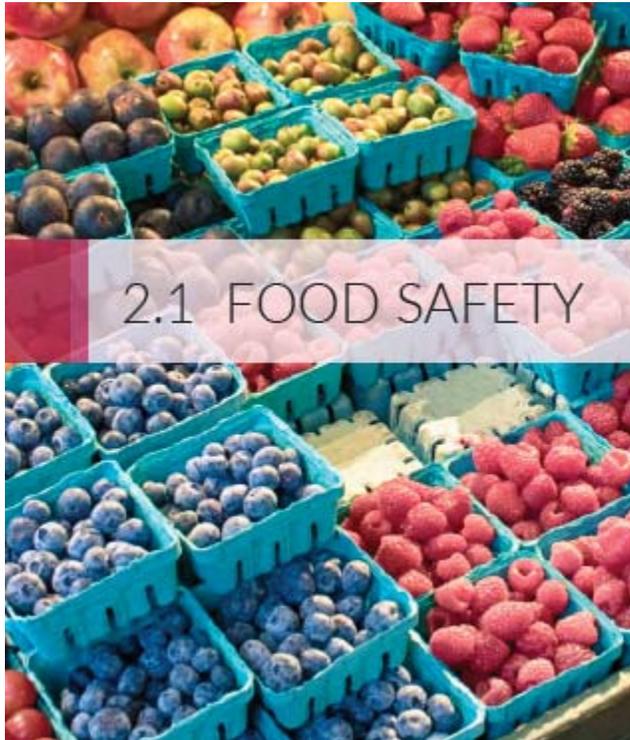
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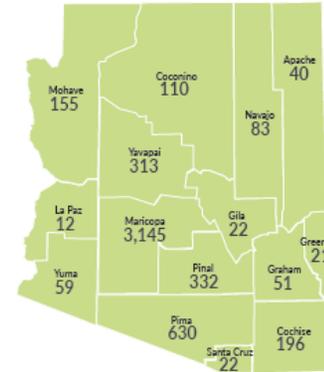
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HOME BAKED & CONFECTIONERY GOODS PROGRAM

Figure 19:
Home Baked &
Confectionery
Goods Program
Registrants, by
County FY2016



The Home Baked & Confectionery Goods Program continues to grow, with 5,191 individuals registered at the end of FY2016. Approved food products continue to be limited to non-potentially hazardous foods made in the registrant's home and must be labeled with the address and contact information of the registrant, a list of ingredients, and a statement notifying the consumer that the product was made in a private home. If applicable, the label must also include a statement that the product was prepared in a facility for individuals with developmental disabilities. All packaging must be done in the home kitchen.

The program allows for the sale of these products at locations that include permitted food establishments, farmers' markets, and special events. There are no limits to the revenue or quantity of products sold by a registrant under the program. Popular items over the past year include dry spice mixes and rubs, dry baking mixes including waffle and pancake mixes, and dry roasted coffee beans. The eNewsletter for the Home Baked & Confectionery Goods Program is sent to program registrants and local county partners on a quarterly basis and includes program information, features a registered home baker of the month, and shares information that would be of interest to home bakers. The eNewsletter has been a huge success, as evidenced by the feedback received from both registrants and the Arizona Counties.

Over FY2016, ADHS was requested to present about the cottage food program, or Home Baked & Confectionery Goods Program, at the November 2015 Integrated Foodborne Outbreak Response and Management Conference and on a National Association of County and City Health Officials sharing session in April 2016.





THANK YOU

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