

# ARIZONA

— DEPARTMENT OF —

## HEALTH SERVICES





# WHO ARE WE?

We are Arizona's state-run program, dedicated to supporting home-based entrepreneurs. This complimentary initiative allows registered individuals to safely prepare, package, and offer food from their home kitchens directly to consumers throughout Arizona.



Process



Package



Label



# SO WHAT?

Registrants can sell food to the public without...

- Public health inspections
- Annual program fees
- Extensive requirements

This program allows registrants to...

- Sell a wide-variety of food
- Offer products within Arizona
- Start a family-oriented and low risk small business





# LET'S TALK ABOUT FOOD





# WHAT'S APPROVED?

Most foods are allowed EXCLUDING fish, shellfish, raw milk, alcoholic beverages, and marijuana infused products.

## What does this mean?

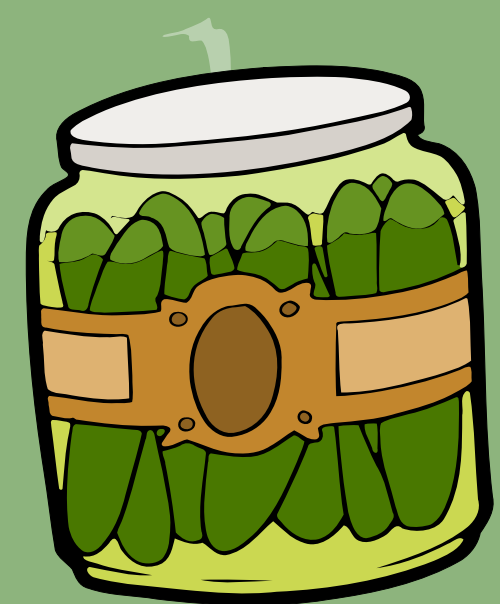
- Perishable and shelf-stable products are approved.
- Shelf-stable products can be shipped within Arizona, have the option to wholesale, and can be delivered by a third-party. Cottage Food Products MUST remain in their same unaltered packaging even when offered by a third-party.
- Perishable products must be directly offered from the registrant to the consumer. These products must be temperature controlled, only offered the day they leave the household, and delivered to their destination within two hours.



# WHAT'S APPROVED CONT...

## Special Notes and Exceptions

- Special processes such as freeze drying, acidified foods, fermentation, canning, dehydrating, etc are now on the table.
- Alcohol can be used as an ingredient but the end product must NOT be intended to intoxicate the consumer.
- Meat and meat by-products are allowed but must be offered directly from the registrant to the consumer even if it's shelf-stable.



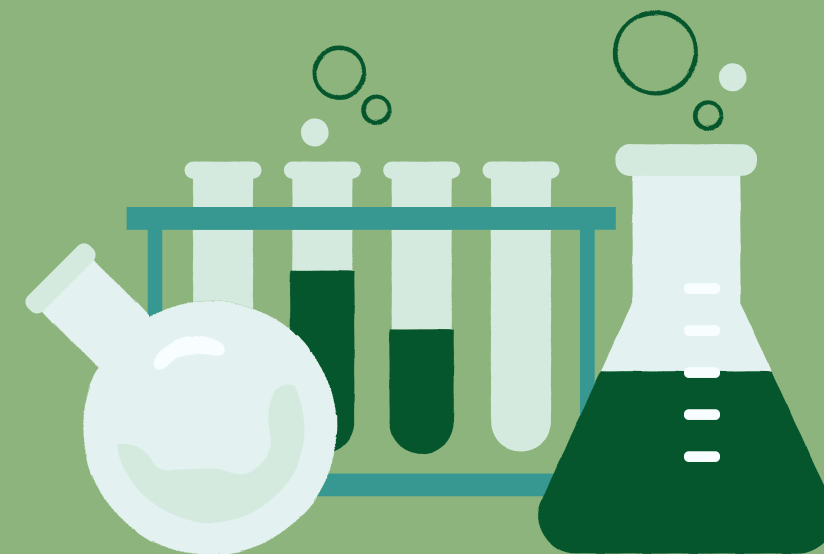


# FOOD TESTING

Registrants have the option to email lab test results for their food products to be approved as shelf-stable.

- Water Activity Testing: results must fall below 0.85 aw.
- pH Testing: results must test acidic at 4.6 pH or below.

The Cottage Food Program's website offers the Food Testing resource tab which includes contact information for two testing labs with the University of Arizona.





# SHELF-STABLE RECIPES

Shelf Stable: Foods that do not require refrigeration and don't support the growth of microorganisms.

- Naturally shelf-stable recipes
- Alternative ingredients
- FDA approved recipes



The Cottage Food Website's Resources:

- Frosting Alternatives Table
- FDA Tested Jams and Jellies List







# HOW TO GET STARTED



# REQUIREMENTS

## Applications require...

- The registrant's contact information
- The physical address of their home kitchen
- Program policy acknowledgement
- A current Food Handler Training Certificate of Completion

## Registrants must...

- Process all food within the home kitchen
  - No outdoor grilling, smoking, drying, etc
- Package items in appropriate food-safe packaging
  - Hot foods should be packaged in heat-safe materials
- Label their products appropriately
  - In accordance to our labeling requirements
- Comply with other municipalities
  - Cities may require seller's permits and HOA's have restrictions



# LABELING REQUIREMENTS

The following information is required by law to be on a food label attached to cottage food products being sold in the state of Arizona.

- The product's production date.
- The name and registration number of the food preparer.
- A complete list of all ingredients used in the product, including those in its components.
- This exact statement: "This product was produced in a home kitchen that may come in contact with common food allergens and pet allergens and is not subject to public health inspection."
- If applicable for the product, a statement that the product was made in a facility by individuals with developmental disabilities.
- The Department's Website: [www.azdhs.gov/CottageFood](http://www.azdhs.gov/CottageFood).





# FOOD SAFETY

Food Handler Training: An Accredited Program will cover the following topics.

- Introduction to Food Safety
- Biohazards, Foodborne Illness, and Food Spoilage
- Contamination
- Time and Temperature Control
- Personal Hygiene
- Receiving, Storing, and Preparing Food
- Cleaning and Sanitizing
- Pest Control



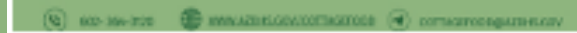
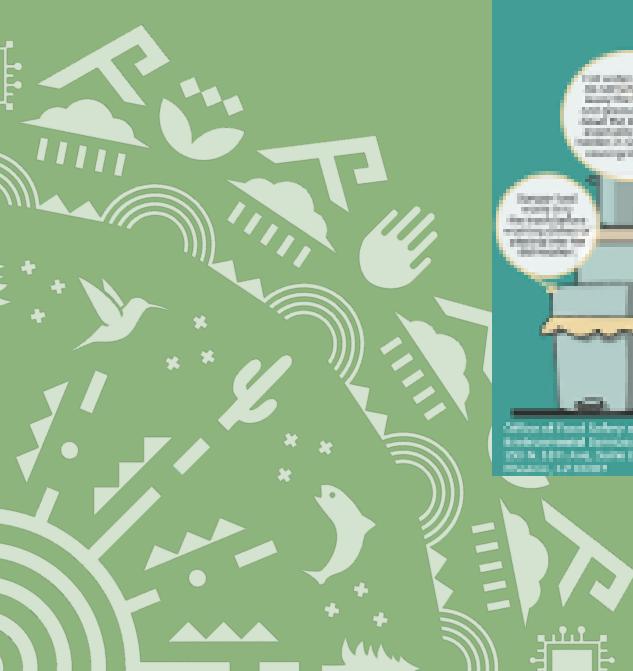




# WEBSITE RESOURCES

[www.azdhs.gov/CottageFood](http://www.azdhs.gov/CottageFood)







# FOOD SAFETY GUIDANCE



This page is a direct link to the Arizona Department of Health Services' Food Safety and Environmental Services page.

- These resources are not Cottage Food specific providing a variety of food safety topics.

**How to:**  
**Clean-up after a vomit or fecal accident**

After a vomit or fecal accident, or during a suspected/confirmed norovirus outbreak, proper disinfection is important in order to prevent the spread of germs. By properly disinfecting surfaces, you can help to remove germs that can cause illness.

Use PPE for this process, such as disposable gloves and aprons, face coverings, and hair restraints.

- 1 Cover**  
Cover the vomit or diarrhea with paper towels or an absorbent powder (such as kitty litter) to soak up liquids.
- 2 Remove**  
Remove the paper towels or hardened powder with a scoop/scrapper and immediately place them in a sealable plastic bag.
- 3 Wash**  
Wash all surfaces contaminated with vomit or diarrhea with a soapy water solution. Wash as wide of an area surrounding the vomit or diarrhea as is possible. Work from the clean areas towards the most contaminated areas to minimize the spread of infectious material.
- 4 Disinfect**  
Prepare a 10:1 chlorine bleach solution: 1 cup of standard bleach (5.25%) + 10 cups water (concentration ~500ppm)
  - Use paper towels or a mop with a disposable mop head, saturate all washed surfaces with a disinfectant.
  - Use a spray bottle and saturate the area and surfaces (25 ft. radius).
  - Leave surface wet for at least 5 minutes. Always follow the directions on product label.
  - Wash, rinse, and sanitize all surfaces intended for food or mouth contact before use.

**Norovirus Facts**  
Norovirus is the leading cause of outbreaks with associated symptoms of diarrhea and vomiting in the US, and it spreads quickly. Norovirus spreads by contact with an infected person or a contaminated surface or by eating contaminated food or drinking contaminated water. Norovirus particles can even float through the air and then settle on surfaces, spreading contamination. Norovirus particles are extremely small and billions of them are in the stool and vomit of infected people. Any vomit or diarrhea may contain norovirus and should be treated as though it does. People can transfer norovirus to others for at least three days after being sick.

Scan here for an EPA list of other disinfectants that are effective

[www.azdhs.gov/FoodSafety](http://www.azdhs.gov/FoodSafety)

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**Proper Food Storage in Cold Holding Units**

An approved walk-in or ice bath method must be used when cooling foods. Foods must be cooled from 130°F to 70°F within 2 hours and from 70°F to 41°F within 4 hours, for a total time of 6 hours.

Foods Being Cooled, Reduced to 4 Inches or Less & Uncovered

Ready-to-Eat Potentially Hazardous Foods, Date Marked & Covered

Washed Fruits & Vegetables

Raw Pork, Beef, Seafood & Whole Eggs—Cook Temp: 145°F

Raw Ground Meats & Pooled Eggs—Cook Temp: 155°F

Raw Chicken/Poultry—Cook Temp: 165°F

Arizona Department of Health Services  
Food Safety & Environmental Services Program  
Phone: 602-366-3118

**DATE MARKING FOOD REQUIREMENTS**

**FOR ALL TCS FOODS**

- Label when cooked, prepared, or opened
- Discard after 7 days (the day it was made +6)

TCS foods include cooked meats and vegetables, dairy products, and most other products requiring refrigeration.

**7 DAYS AT 41°F MAX**

1 2 3 4 5 6 7  
5 MAY ≤ 41°F 11 MAY  
Cold hold food and consume or discard by the 7th day.

1 2 3 4 5 6 7  
5 MAY FROZEN 16 MAY ≤ 41°F 21 MAY  
Fully frozen stops the count. Freeze and thaw food at a later date. Consume or discard by 7th day on the timeline.

1 2 3 4 5 6 7  
5 MAY ≤ 41°F 7 MAY FROZEN 15 MAY ≤ 41°F 18 MAY  
Cold hold food, then freeze after 3 days. Food thawed at a later date is good for 4 more days (7-3 = 4 days remaining).

In all scenarios above, foods are cooked and cooled to ≤41°F on May 5th which is Day 1 of 7.  
Make sure to keep track of freeze and thaw dates to stay accurate!

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Office of Environmental Health  
150 N. 18th Avenue, Suite 220 Phoenix, AZ 85007  
Foodsafety@azdhs.gov 602-364-3118  
www.azdhs.gov/foodsafety

**Feeling Sick?**

**The following symptoms must be reported to your manager:**

- Diarrhea
- Fever
- Vomiting
- Jaundice
- Sore throat with fever
- Lesion containing pus that is open and draining

**Food Service Workers should stay home when sick with:**

- *Salmonella* Typhi
- *Shigella*
- *Escherichia coli* (STEC)
- Hepatitis A
- Norovirus
- Nontyphoidal *Salmonella*

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SEE ARIZONA FOOD CODE 2-201.12 FOR ADDITIONAL INFORMATION  
[www.azdhs.gov/foodsafety](http://www.azdhs.gov/foodsafety)

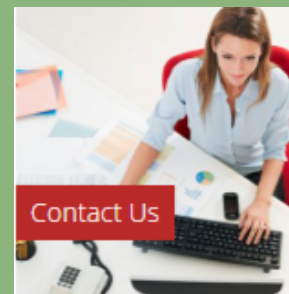


# OTHER RESOURCES



The remaining content was already discussed but includes the following information:

- Program Registration
- Food Handler Training
- Approved Foods
- Food Testing
- Labeling Requirements
- Special Processes
- Frosting Alternatives
- Jams and Jellies
- FAQs
- Complaints
- Contact Us







# THANK YOU!

Cottage Food Program

[www.azdhs.gov/CottageFood](http://www.azdhs.gov/CottageFood)

[CottageFood@azdhs.gov](mailto:CottageFood@azdhs.gov)

602-364-3118 Ext. 2