Cottage Food Business & COVID-19

Cottage Foods Workshop Module- January 2021
After the COVID Module participants will complete the following in the setting of the COVID-19 pandemic:

- Be able to identify the difference between sanitation and disinfection procedures
- Feel confident that they can minimize risk of COVID-19 exposure for family and customers.
- Feel confident that they can develop workflows for offering samples to consumers.
- Feel confident that they can take proper steps needed to manage symptoms, suspect exposure or having tested positive for COVID-19.
- Be able to identify a local contact for up to date information on COVID-19 guidance.
- Be able to locate resources for guidance on sanitation, social distancing recommendations and food safety procedures related to COVID-19 considerations.
Food and the spread of COVID-19

- There is currently no evidence that handling or consuming food is associated with COVID-19
- Practicing appropriate food safety can reduce risk of illness from foodborne pathogens
- Do not produce, package, handle or sell any home-processed products if you feel ill
Creating a Safe Environment - in your home kitchen

What ideas do you have?

What have you been doing to create a safe home kitchen environment?
Creating a Safe Environment- in your home kitchen

- Practice proper cleaning and sanitation practices
- Ensure you have all handwashing sink essentials:
  - Warm water
  - Soap
  - Disposable paper towels OR a clean towel, that will be laundered after use
  - Trash
Proper Handwashing Technique
Handwashing is Your Best Prevention

Proper hand washing needs to be carried out EVERY time you come into contact with something that could contaminate your hands.

*This graphic mentions some COVID specific handwashing considerations*

cdc.gov/coronavirus
What does proper cleaning and sanitation entail?

Can you describe the difference between cleaning and sanitation?

Do you know how to prepare affordable, homemade solutions?
Cleaning

Cleaning refers to: the removal of dirt and other impurities including germs from surfaces.

Cleaning alone does not kill germs, but by removing germs it decreases their number and reduces risk.

This is typically done with warm and soapy water.
Sanitation

Sanitation refers to: adequately treating cleaned surfaces by a process that is effective in destroying pathogens and reducing numbers of other microorganisms to levels considered safe.
Sanitation

- You must sanitize utensils, dishes and all food contact surfaces.
- Remember to read the directions for each sanitizer and follow the instructions.
- Sanitizers may be purchased or prepared at home.

Homemade Bleach Sanitizing Solution
(200 ppm bleach)

Mix 1 tablespoon household bleach into 1 gallon of water.

*Note this must be prepared fresh*
Disinfection

Disinfecting refers to:

killing the germs on a surface after it has been cleaned, this doesn’t clean surfaces or remove germs but reduces risk by kill any germs that may be remaining on a surface.
Common Disinfectants Found in the Home Kitchen

- Disinfectant Wipes
- 70% alcohol Solution
- Bleach Solution - you can make your own at home

*Bleach Solutions will be effective for 24 hours, then need to be re-prepared.
Need to Know: Cleaning & Sanitizing for Cottage Food

Ensure that home kitchen/food preparation are surfaces are clean ‘to sight & touch’

Clean & sanitize food contact surfaces

- For example: dishes, hands, utensils, inside of packaging
- Sanitize objects that touch the food

Homemade Bleach Sanitizing Solution
(200 ppm bleach)

Mix 1 tablespoon household bleach into 1 gallon of water.

*Note this must be prepared fresh
Creating a Safe Environment - for your customers
Creating a Safe Environment- for your customers

How can you minimize risks?

Consider:

- Communicating your practices and expectations with customers
- Sanitizing frequently touched surfaces often
- Requiring masks and social distancing efforts
- Sanitizing hands after handling payments
- Offering a “porch pick-up”, “curbside” service or other no contact sales methods
Scenario- Home Delivery

You receive an order for a large order of your cottage food goods, the customer is interested in home delivery.

What steps can you take to keep your customer safe during COVID?

*Remember that legally the goods must be sold directly to the consumer and a face-to-face transaction is required.*
You’re interested in selling at a local market, but your market doesn’t have any procedures set up to safely distribute to customers.

What ideas do you have to offer safe sales at your local market? Consider both face to face and farmer’s market pick-up options.
Creating a Safe Environment - offering samples

What considerations need to be made when offering samples?
Creating a Safe Environment- offerings samples

Follow regular food safety practices and remember the following:

- Never touch ready to eat food (including samples) with bare hands- utilize gloves, tongs, deli tissue or a spatula

Consider:
- Pre-dishing samples into disposable, one time use packages
- Providing hand sanitizer for customers
- Encouraging eating of samples to be done in a manner that maintains social distancing
What should you do if you or your family has been exposed to COVID-19?
If you’re Exposed or Test Positive for COVID-19

- Do not prepare food while ill
- Stay home, unless you need to seek medical care
  - Stay in touch with your doctor
  - Watch for emergency warning signs such as trouble breathing, persistent pain, confusion, etc.
- Try to distance yourself from those in your household
  - Use a separate room and bathroom if possible
- Wash your hands often
  - Especially after sneezing, coughing or using the bathroom
- Wear a mask while at home, to prevent spreading COVID to any other household members
Consider using the CDC Coronavirus Self-Checker if you are seeking guidance on when to seek testing or medical care
In need of additional clarification or help?

Get in contact with your local County Health Department or Sanitarian using this link:
https://dphhs.mt.gov/publichealth/FCSS/countytribalhealthdepts

and find additional resources, information and tools AERO’s webpage
Summary

**Health-**
- Food should not be prepared by someone who is sick

**Hygiene-**
- Wash hands often
- Wear clean outer garments
- Do not eat or drink and no animals should be present during food preparation

**No Bare Hand Contact-**
- Use gloves, tongs, deli tissue or spatulas
- No bare hand contact with food that is ready to eat

**Avoid Cross Contamination-**
- Contaminated utensils or surfaces should not contact food
- Utensils and surfaces should be cleaned and sanitized before and after use