

Cottage Food Business & COVID-19



Cottage Foods Workshop Module- January 2021

Prepared for you by:



MONTANA
**FOOD & CONSUMER
SAFETY PROGRAM**

Thank you to our Funder:



WESTERN
**EXTENSION
RISK
MANAGEMENT
EDUCATION**



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?

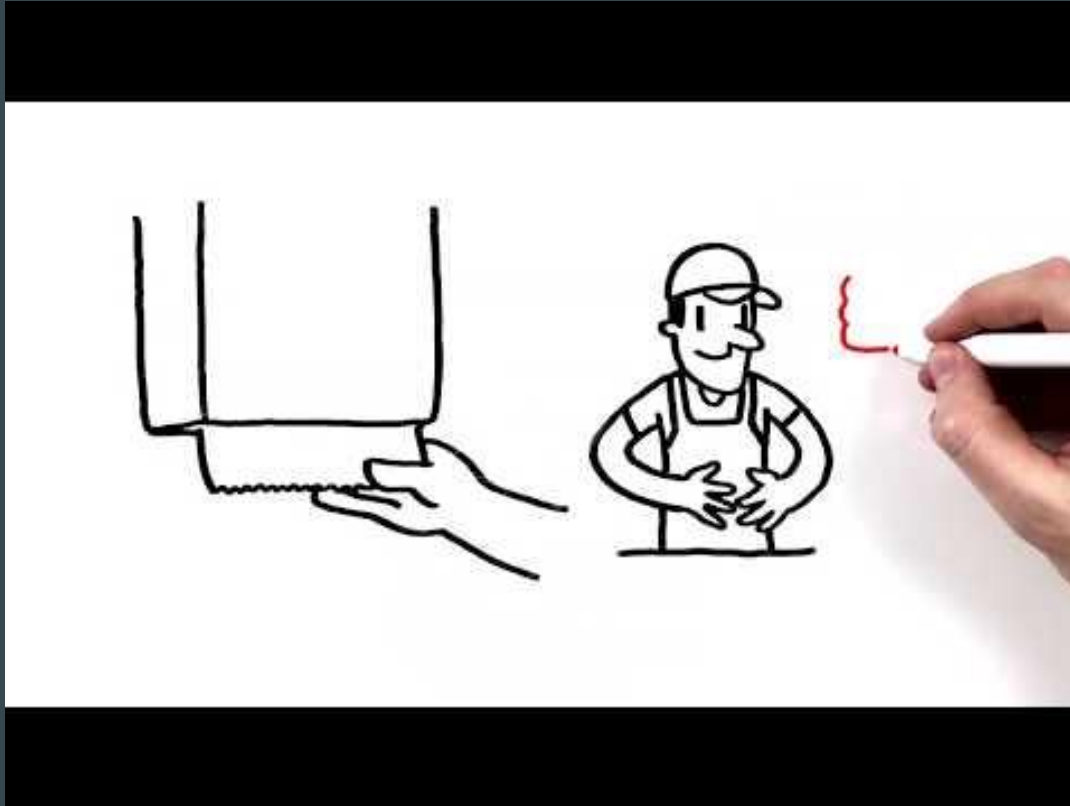
What have you been doing to
create a safe home kitchen
environment?

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



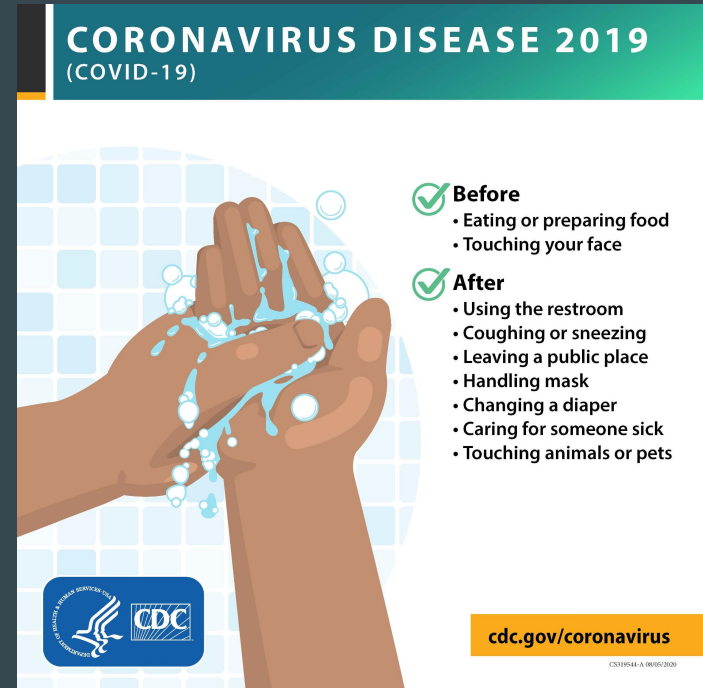
Proper Handwashing Technique



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



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**

The infographic features a dark blue background with white text. On the left, there are three light blue water droplets. On the right, there is a white plastic jug with a blue label that says 'BLEACH' in blue capital letters. The entire graphic is framed by a white border.

Disinfection

Disinfecting refers to:

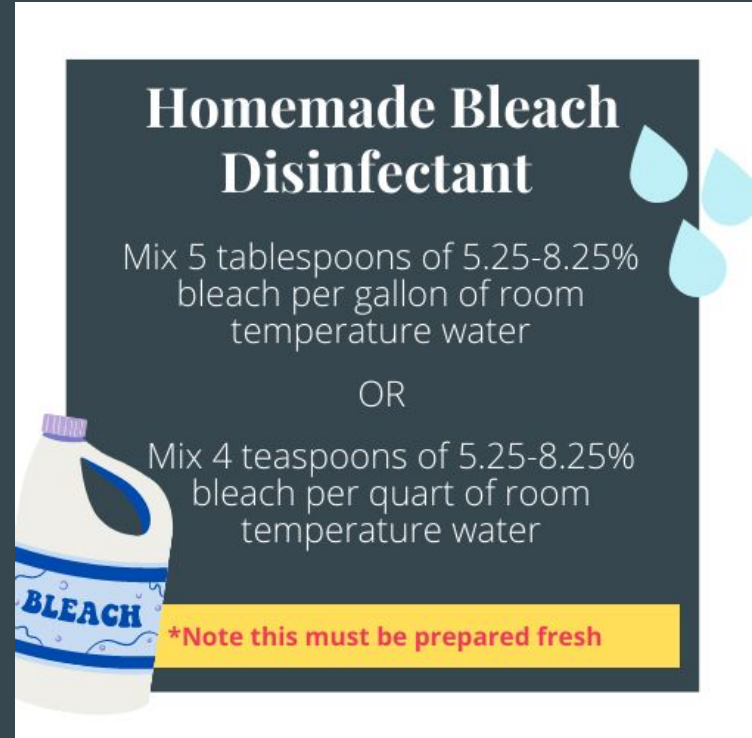
killing the germs on a surface after it has been cleaned, this doesn't clean surfaces or remove germs but reduces risk by kill any germs that may be remaining on a surface



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 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



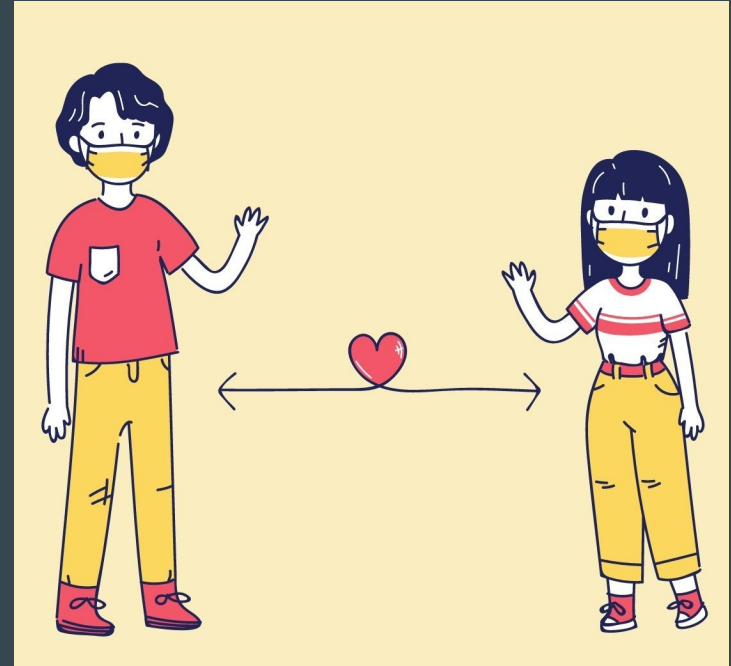
Creating a Safe Environment- for your customers

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.



Scenario- Farmers Market



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

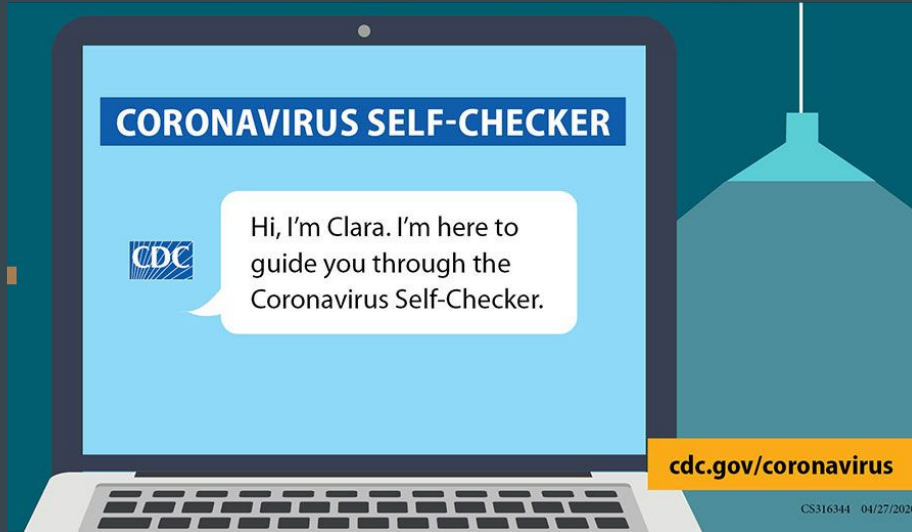


What should you do if you or your family has been exposed to COVID-19?

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
-

Sources:

Centers for Disease Control and Prevention. (2020, September 10). Coronavirus Self-Checker. Retrieved September 27, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>

Centers for Disease Control and Prevention. (2020, August 22). Food and Coronavirus Disease 2019 (COVID-19). Retrieved October 14, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/food-and-COVID-19.html>

Centers for Disease Control and Prevention. (2020, July 28). Disinfecting Your Facility. Retrieved October 14, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

Centers for Disease Control and Prevention. (2020, August 27). Print Resources. Retrieved September 27, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date::desc&Page=2>

Centers for Disease Control and Prevention. (2020, May 7). Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes. Retrieved October 14, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

Centers for Disease Control and Prevention. (2020, October 9). What should I do if I get sick or someone in my house gets sick? Retrieved October 14, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Montana Department of Public Health and Human Services. (n.d.). Cottage Food and Farmer's Markets Guidelines for Safe Food Handling in Home Kitchens. Retrieved October 14, 2020, from <https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Ausc%3AUS%3A99a950d0-b3de-4501-811d-f810cd2eaad0>

Montana Department of Public Health and Human Services. (2020, May 19). Recommendations to minimize the spread of the Novel Coronavirus (COVID-19) in Farmer's Markets. 1-4. Retrieved September 27, 2020, from <https://dphhs.mt.gov/Portals/85/publichealth/documents/FCS/2020FARMERSMARKETguidelinesV2.pdf>

National Restaurant Association. (2020, March 4). Handwashing 101. Retrieved October 14, 2020, from https://www.youtube.com/watch?v=0GwpIDnu_gc&ab_channel=NationalRestaurantAssociation