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# Alaska Cottage Food Webinar

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# Alaska Cottage Food Webinar

Presented via ZOOM  
February 23, 2021  
8:30-10:30 am



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# Agenda



- **Welcome & Introductions-** Amy Seitz, Alaska Farm Bureau & Alaska Food Policy Council (5 minutes)
- **Welcome & Introductions-** Kimberly Stryker, Alaska Department of Environmental Conservation (ADEC), Food Safety & Sanitation Program (5 minutes)
- **ADEC Basic Cottage Food Overview** - Heidi Isernhagen, Noelani Thompson and Lorinda Lhotka (45 minutes)
- **Municipality of Anchorage, Anchorage-Specific Exemptions/ Regulations** - Janine Nesheim (25 minutes)
- **Alaska Food Hub Overview & Market Manager Perspectives** - Robbi Mixon (5 minutes)
- **Cooperative Extension Resources-** Sarah Lewis and Gina Dionne (10 minutes)
- **Questions and Answers Session** - Lorinda Lhotka (30 minutes)
- **Post-workshop survey, Future Steps, & Listserv sign-up** (during Q&A)

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## Webinar Co-Hosts

Welcome & Introduction,  
Amy Seitz

*Visit us at:*

[alaskaafb.org](http://alaskaafb.org)

[akfoodpolicycouncil.org](http://akfoodpolicycouncil.org)

[alaskafarmersmarkets.org](http://alaskafarmersmarkets.org)







Mission: to support and promote vibrant and sustainable farmers markets throughout Alaska.

Our goal is to create a healthier, more secure and more self-reliant Alaska by improving our food system.



Mission: to improve the economic well-being and expansion of agriculture and to enrich the quality of life for all Alaskans.

**Welcome:**

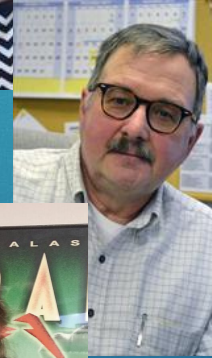
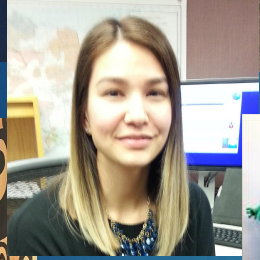
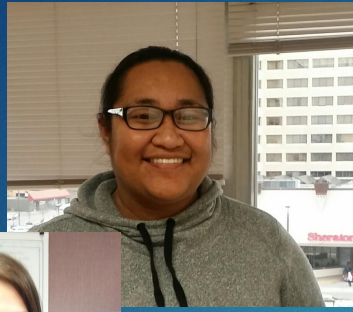
Kimberly Stryker

Alaska Department of Environmental  
Conservation (ADEC), Food Safety &  
Sanitation Program

<https://dec.alaska.gov/eh/fss.aspx>

[https://dec.alaska.gov/eh/fss/  
food/cottage-food/](https://dec.alaska.gov/eh/fss/food/cottage-food/)







# Who We Are

*We work with people who work with food to prevent foodborne illness.*





# Who We Regulate

- Seafood processors
- Food processors/manufacturers
- Shellfish operations
- Warehouses
- Retail stores
- Food services
- & more!



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# Alaska DEC

## Basic Overview of Cottage Foods





# Food Safety and Sanitation Program



Heidi Isernhagen - Soldotna

Lani Thompson - Anchorage

Lorinda Lhotka - Fairbanks



# Cottage Food Exemption

Processing, preparation, packaging and sale of food not subject to regulations, if the food

- Does not require temperature control (non-potentially hazardous foods)

The individual processing, preparing, packaging and selling has:

1. Detailed knowledge
2. Documentation of recipe or formulation
3. Makes the food in Alaska
4. Labels with business license or address
5. Sales less than \$25,000/year
6. Direct to the consumer, in Alaska
7. Statement “These Products are Not Subject to State Inspection”





# Allowed Cottage Foods



# What is a Potentially Hazardous Food (PHF)

- A food that requires time or temperature control for safety

Time refers to how long it takes microorganisms to grow to unsafe levels

Temperature refers to the effect temperature has on the speed of that microorganisms growth

Cooler temps = slower growth

Warmer temps = more rapid growth

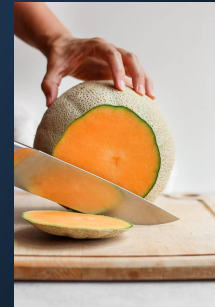


**\*If food needs refrigeration for safety, it is considered a potentially hazardous food (PHF)\***

# Examples of PHF

Includes:

- A food of animal origin that is raw or heat-treated,
- A food of plant origin that is heat-treated
- A food that consists of **raw seed sprouts**, **cut melons**, **garlic-in-oil mixtures** that are not modified in a way that results in mixtures that do not support pathogenic microorganism growth or toxin formation



What other factors do we consider when determining if a food safe?





# Water Activity

- Water activity refers to the amount of free (available) water molecules in food that are available for chemical reactions and microbial growth
- The content of the food – such as sugar, salt, protein, or starch “binds” the water, making it less available.
- Foods with less water activity are less prone to spoilage and have fewer undesirable chemical changes during storage- thus prolonging shelf life.

**Water activity levels of common foods**

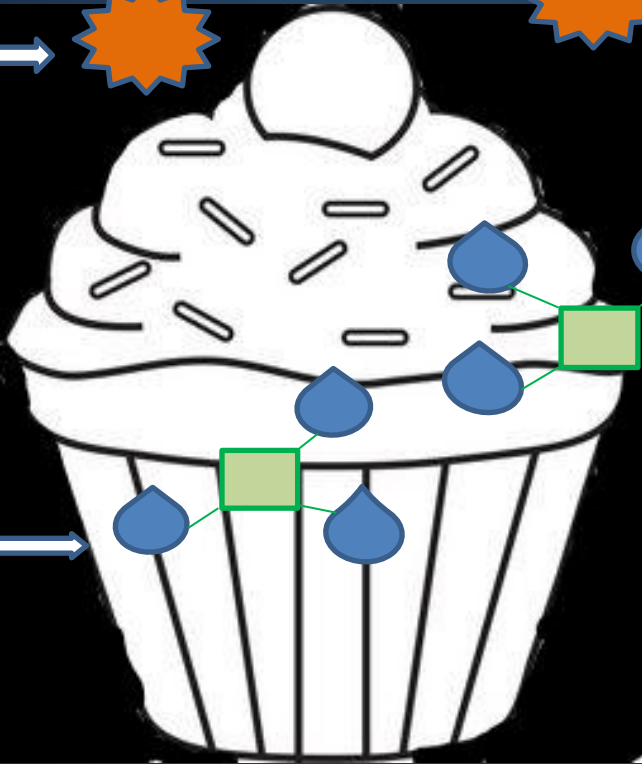
$a_w$ range	Food
0.95–0.99	Fresh meat, fish
0.90–0.95	Bread
0.85–0.95	Cheese
0.80–0.91	Jams
0.75–0.90	Honey, syrups
0.60–0.90	Cakes, pastry
0.60–0.75	Dried fruits
0.20–0.35	Crackers

**Water activity levels for growth of microorganisms**

$a_w$	Microorganisms that grow at this water activity level
0.95	<i>Salmonella</i> spp., <i>Pseudomonas</i> , <i>Escherichia coli</i> , <i>Bacillus cereus</i> , some yeasts
0.90	<i>Clostridium botulinum</i> , <i>Lactobacillus</i> , <i>Listeria monocytogenes</i> , <i>Clostridium perfringens</i>
0.87	Yeasts, <i>Staphylococcus aureus</i>
0.80	Molds, <i>Saccharomyces</i> spp.
0.60	Some yeasts and molds

MICROBE  
CANNOT USE  
CONTAINED WATER  
TO GROW AND  
PROLIFERATE

CONTAINED  
WATER



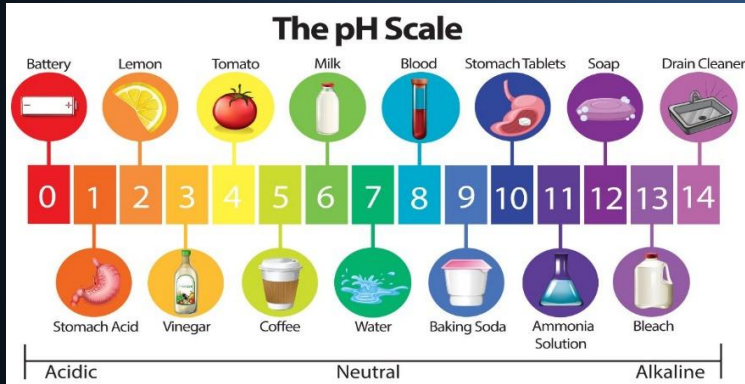
COMPONENT  
(SUGAR)

# Foods with low water activity



# Acidity

- Refers to pH, or level of hydrogen ions (scale 0-14)
- A pH level below 4.6 inhibits the production of *Clostridium botulinum*



pH levels of common foods

pH range	Food
7.1-7.9	Eggs
6.3-8.5	Milk
5.3-5.8	Bread
5.0-7.0	Meats
4.8-7.3	Fish
4.0-7.0	Vegetables
3.3-7.1	Fruits
3.1-4.5	Berries

pH levels for growth of microorganisms

pH range of growth	Microorganism
5.5-8.0	<i>Clostridium perfringens</i>
4.9-9.3	<i>Bacillus cereus</i>
4.6-9.5	<i>Escherichia coli</i>
4.5-9.0	<i>Salmonella spp.</i>
4.2-9.0	<i>Clostridium botulinum</i>
4.2-9.3	<i>Staphylococcus aureus</i>



# Fermented Foods

Chemical reaction lowers pH of foods



# Acidified Foods

Adding a highly acidic substance (i.e. vinegar or citric acid) to lower the pH of a food product





# PHF- Interaction of water activity and pH values

- Takes into consideration the combination of pH, and water activity, and packaging
- If heat treated to destroy vegetative cells, needs to be addressed differently than a raw product with no, or inadequate, heat treatment. Heat treatments can kill molds which can affect the pH



# PHF not heat treated or heat-treated but not packaged

**TABLE M  
INTERACTION OF pH AND WATER ACTIVITY FOR CONTROL OF VEGETATIVE  
CELLS AND SPORES IN FOOD NOT HEAT-TREATED OR HEAT-TREATED BUT  
NOT PACKAGED**

WATER ACTIVITY VALUES	pH VALUES			
	less than 4.2	no less than 4.2 and no greater than 4.6	greater than 4.6 and no greater than 5.0	greater than 5.0
< 0.88	non-PHF*	non-PHF*	non-PHF*	non-PHF*
0.88 – 0.90	non-PHF*	non-PHF*	non-PHF*	PA**
> 0.90 – 0.92	non-PHF*	non-PHF*	PA**	PA**
> 0.92	non-PHF*	PA**	PA**	PA**

\* PHF means potentially hazardous food

\*\* PA means a variance granted under 18 AAC 31.930 is required to consider the food non-PHF\*

# PHF Heat-Treated to Destroy Veg. Cells and Subsequently Packaged

**TABLE L**  
**INTERACTION OF pH AND WATER ACTIVITY FOR CONTROL OF SPORES IN FOOD HEAT-TREATED TO DESTROY VEGETATIVE CELLS AND SUBSEQUENTLY PACKAGED**

<b>WATER ACTIVITY VALUES</b>	<b>pH VALUES</b>		
	4.6 or less	greater than 4.6 and no greater than 5.6	greater than 5.6
0.92 or less	non-PHF*	non-PHF*	non-PHF*
greater than 0.92 and no greater than 0.95	non-PHF*	non-PHF*	PA**
greater than 0.95	non-PHF*	PA**	PA**

\* non-PHF means non-potentially hazardous food

\*\* PA means a variance granted under 18 AAC 31.930 is required to consider the food non-PHF

# Foods with a combination?



# Product Testing

- ADEC EH Lab
  - pH : \$20
  - Water activity: \$10

The screenshot shows the website for the Division of Environmental Health, Environmental Health Laboratory. The header includes the logo, the name of the division and laboratory, and a search bar. The navigation menu lists: EH LAB HOME, LAB CERTIFICATION, SAMPLE SUBMISSION, and SEAFOOD & SHELLFISH. Below the menu is a photograph of the laboratory building. The main content area is titled 'Lab Sample Submission Manual' and features a blue button labeled 'AVAILABLE FORMS FOR SAMPLE SUBMISSION'. Under this button, there are several categories of forms: Animal Health (with links for Animal Health Submission Form, Brucellosis Submission Form, Avian Influenza Submission Form, and Equine Infectious Anemia (EIA) Testing Agreement), Dairy (with links for Dairy Raw Milk Submission Form and Dairy Pasteurized Products Submission Form), Drinking Water (with a link for Drinking Water or Dairy Water Analysis Work Order), Environmental/Chemistry (with a link for Electronic COC & Submission Form), Marine Toxins (with a link for Shellfish/Seafood Submission Form), and Marine Growing Water (with a note to call for a customized form). At the bottom, a red box highlights the 'Ready to Eat (RTE) and/or Native Style (NS) Foods' category, which includes a link for the Food Sample Collection Report Form.

Division of Environmental Health  
ENVIRONMENTAL HEALTH LABORATORY

Search DEC

EH LAB HOME LAB CERTIFICATION SAMPLE SUBMISSION SEAFOOD & SHELLFISH

You Are Here: [DEC](#) / [EH](#) / [Lab](#) / Available Forms For Sample Submission

## Lab Sample Submission Manual

**AVAILABLE FORMS FOR SAMPLE SUBMISSION**

**Animal Health**

- [Animal Health Submission Form \(PDF\)](#)
- [Brucellosis Submission Form \(PDF\)](#)
- [Avian Influenza Submission Form \(PDF\)](#)
- [Equine Infectious Anemia \(EIA\) Testing Agreement \(PDF\)](#)

**Dairy**

- [Dairy Raw Milk Submission Form \(PDF\)](#)
- [Dairy Pasteurized Products Submission Form \(PDF\)](#)

**Drinking Water**

- [Drinking Water or Dairy Water Analysis Work Order \(PDF\)](#)

**Environmental/Chemistry**

- [Electronic COC & Submission Form \(XLS\)](#)

**Marine Toxins**

- [Shellfish/Seafood Submission Form \(PDF\)](#)

**Marine Growing Water**

Please Call 907-375-8221 for a customized form

**Ready to Eat (RTE) and/or Native Style (NS) Foods**

- [Food Sample Collection Report Form \(PDF\)](#)

**OF INTEREST**

- [ADEC DRINKING WATER LAB CERTIFICATION POLICIES](#)
- [DRINKING WATER CERTIFICATION](#)
- [INTERPRETING YOUR LAB RESULTS \(PDF\)](#)
- [PSP & SEAFOOD MONITORING](#)
- [DRINKING WATER PROGRAM](#)



# Product Testing



Cooperative Extension Service

- - CES (Offices in Anchorage, Bethel, Delta Junction, Fairbanks, Juneau, Soldotna, Palmer, Nome, Sitka, and TCC)
  - pH testing, water activity soon
  - Product development
- Kodiak Seafood and Marine Science Center
  - Process authority





# Product Testing

Test the product yourself or have someone test the food product.



# Testing pH

- Important for products where ingredients can vary



- Best to use a Standard Recipe! One from CES that has been tested.

# Testing pH

- Type of pH meter and pricing
  - Resolution & accuracy of the meter (0.1 pH unites or better)
  - Detachable or all in one probe (finite lifespan)
  - Electrode Type (sealed or refillable)
  - Auto calibration and temperature compensation



# Testing pH

- Calibrating
  - Should be done at least daily or once per shift
  - Follow manufacturer's instructions



# Testing pH

- Preparing Food Samples

- Be at a constant temperature, preferably room temperature when being tested for pH

- Testing Food Samples

- Turn on and allow it to stabilize
- Rinse the probe with deionized or distilled water and blot it with a lint-free tissue paper
- Immerse the sensing tip in the sample and record the pH reading to the nearest .05 pH unit (or .1 unit)
- Always good to test more than one sample.





# Testing pH

- Maintaining the probe

- If the reading on the meter is slow to respond or erratic, clean the probe

- General steps to clean the probe

- Rinse

- Use little force as possible if solid needs to be removed

- Immerse in sodium hydroxide for a minute then transfer to a hydrochloric acid solution for a minute (2x)

- Rinse probe tip for one minute using distilled or deionized water for one minute.

- Blot with lint-free tissue paper (Do not rub)

# Documents to Keep on File and Available on Request

- **Recipe or Formulation**  
(baked goods, jams, candies and confections)
- **pH**  
(Bottled and fermented items)
- **Water Activity**



# Product Specifics

- Baked goods- recipe
  - Exceptions:
    - Custards
    - Cheesecakes
    - Cream filled desserts
  - If it needs refrigeration- then most likely is not allowed



Foods that fall under this exemption include:





Foods that do not fall under this exemption include:



# Gross Sales

Not to exceed \$25,000 in calendar year



# Producer to Consumer

- Direct to consumer
- Answer consumer questions
  - Preparation
  - Ingredients
  - Allergens
- Only in Alaska





# Type of Sales

- Sales must be direct
  - No internet
  - No mail order
  - No consignment
- Advertising okay





# Labeling

**“THESE PRODUCTS ARE NOT SUBJECT TO  
STATE INSPECTION”**

On a card, placard, sign, or label in a conspicuous area.

*Not Required -if prepared in a permitted, approved, or  
inspected kitchen.*

# Labeling Packaged Foods

**Alaska Business License**

*or*

**Name, physical address, and telephone number  
of producer**

*Utilized for traceback.*

# Other Exemptions

- Honey
- Evaporation of birch syrup
- Raw, whole vegetables, and microgreens
- Eggs



# Honey



- Raw, unpasteurized
- Specifically exempt and can wholesale
- If ingredients are added, then still may be a cottage food based on water activity;
- But, if they add ingredients, no longer exempt for wholesale requirements



# Raw, whole vegetables, and microgreens

- In natural state
- Can be rinsed, trimmed of unnecessary parts, or separate greens from roots
- Microgreens



# Resources



## Guide to Operating a Successful Home-Based Food Business

The Alaska Department of Environmental Conservation (DEC) revised regulations in 2012 to allow producers to sell non-potentially hazardous food directly to the consumer without a food processing permit if certain conditions are met. Non-potentially hazardous foods are foods that do not easily support the growth of dangerous bacteria and do not require temperature control for safety.

### Exemption requirements

Producers of food under the Alaska Food Code Cottage Foods exemptions must meet the following conditions:

- Have and be able to provide detailed knowledge about the ingredients of the food product and how it was processed, prepared and packaged.
- Have the food product formulation or recipe available at the point of sale in case there is ever a concern about the safety of the product. This information must be maintained by the producer and be available if DEC or consumers have questions regarding the product. For a product that is pickled or dried, the producer needs to have information available about the pH or water activity. Producers may work with UAF Cooperative Extension Service or test their own product to show that it is safe.
- Process, prepare, package and sell the product only in Alaska.
- Make sure the person who sells directly to the consumer knows what ingredients were used to make the product and how the food was prepared and packaged. This individual must be able to answer consumers' questions about the product, including whether allergens are present in the food product. In order to qualify for the exemption, the processor may not distribute the product to stores or restaurants, or by mail order or on consignment.
- Keep total receipts of sales of all food items sold under this exemption to demonstrate that gross sales do not exceed \$25,000 within a calendar year.
- If the food is not prepared in a permitted, approved

or inspected kitchen, the producer must inform the consumer by a card, placard or sign placed in a conspicuous area that says: "THESE PRODUCTS ARE NOT SUBJECT TO STATE INSPECTION."

- Label packaged food with either
  - the Alaska business license number or
  - the name, physical address and telephone number of the individual who prepared the food to allow DEC to trace the product back to the producer if there is a problem or complaint.

### Knowledge

Producers of food under the exemption are expected to be knowledgeable and able to communicate with consumers about the ingredients used in the food and how the food was processed and packaged. This is critical because many consumers with allergies or other food sensitivities will be making an important health-related decision about whether to purchase and consume the product based on this information.

The producer and sales person must be able to answer the following questions:

- What ingredients were used to make the product?
- Do any of those ingredients contain sub-ingredients? (For example, margarine contains soy, a major food allergen.)
- Do any of those ingredients contain allergens?
- What types of foods do you prepare in your kitchen? Are any of them allergens?

### The Eight Major Food Allergens

eggs	peanuts
dairy	tree nuts
fish	wheat
soybeans	crustacean shellfish

This publication is a collaborative effort between the University of Alaska Fairbanks Cooperative Extension Service and the Alaska Department of Environmental Conservation.



## Division of Environmental Health FOOD SAFETY & SANITATION PROGRAM



HOME HOW DO I...? BUSINESSES CONSUMERS FOOD WORKERS FORMS RESOURCES

You Are Here: DEC / EH / FSS / Food / Cottage Food Facts

## COTTAGE FOOD FACTS

Alaska Food Code regulations allow the sale of non-potentially hazardous (does not require temperature control for safety) foods directly to the consumer without a permit if certain conditions are met.

### What Does a Producer Need to do to Fall Under this Exemption?

- Keep and provide detailed knowledge about the ingredients of the food product and how it was processed, prepared, and packaged.
- Have the food product recipe or formulation available in case there is ever a concern about the safety of the product. For pickled or dried product the producer needs to have information available about the pH or water activity.
- Process, prepare, package, and sell the product *only* in Alaska
- Sell **directly to the consumer** by an individual who knows what ingredients were used to make the product and how the food was prepared and packaged. This individual must be able to answer consumers' questions about the product, including whether allergens are present in the food product.
- Do **not** distribute or sell the product to stores, restaurants, by mail order, or on consignment.
- Keep total gross receipts of sales of food items to show **gross sales do not exceed \$25,000** within a calendar year.
- If the food is **not** prepared in a permitted, approved, or inspected kitchen, inform the consumer by a card, placard, sign, or label placed in a conspicuous area that states the following: "**THESE PRODUCTS ARE NOT SUBJECT TO STATE INSPECTION.**"
- Label packaged food with either: an Alaska Business License number **OR** the name, physical address, and telephone number of the individual who prepared the food. This allows DEC to trace the product back to the producer if there is a problem or complaint.

### ON THIS PAGE

- What does a producer need to do to fall under this exemption?
- What is non-potentially hazardous food?
- What are pH and water activity?
- How do I get my products tested?
- What foods are exempt?
- What foods are NOT exempt?

### FOOD CODE REFERENCE

18 AAC 31.012 Exemptions

### DEFINITIONS

Non-Potentially Hazardous Foods	+
pH	+
Water Activity	+
Prohibited Foods	+

### CONTACT

Cooperative Extension   
308 Tanana Loop, Room 101  
P.O. Box 756180  
Fairbanks, Alaska 99775-6180  
907-474-5211

# Contact Us

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[Kimberly.Stryker@alaska.gov](mailto:Kimberly.Stryker@alaska.gov)

Program Manager - Anchorage



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# Anchorage Muni

## Specifics on Cottage Foods Regulations & Exemptions







Anchorage  
Health  
Department

# Cottage Foods License Information



# Cottage Foods – What are they?

Cottage foods are food products that are safely made in a home kitchen for direct sale to the consumer that do not require time/temperature control for safety (TCS).

Cottage food products include baked goods, pickled or fermented vegetables, relishes, sauces, candies, dried herbs and seasonings, and vinegars.



# Cottage Foods – More Information

- Total sales of cottage foods cannot exceed \$25,000 per year.
- Cottage foods are safely made in a home kitchen for direct sale to a customer.
- Selling cottage food products to restaurants, wholesalers, on the internet, phone or via the mail is not permitted.
- Cottage foods do not require temperature or time control for safety and are non-potentially hazardous.

# Cottage Foods – More Information

Examples of products that are not cottage foods and must be made in a commercial kitchen include:

- fresh or dried meats
- dairy products
- fresh vegetable juices
- non-acidic canned foods (foods that are potentially hazardous)



# Before Selling Cottage Foods

There are several steps for starting your cottage food business (see following pages for more information)

1. Submit Cottage Food License - \$25 per year
2. Show proof of Municipality of Anchorage approved Food Workers Card – \$10 for three years
3. Provide a written list of ingredients and the process for making each product
4. Provide a copy of pH test results for products that are pickled or dried (not all cottage foods will need a pH test)

# 1. Submit a Cottage Food License

## Submit a Cottage Food License - \$25 per year

- Vendors must submit a Cottage Food License application form to the Anchorage Health Department, Environmental Health Services Program. This license must be renewed each calendar year of operation.
- Be sure to include accurate contact information such as phone number **and** email address.
- If any information changes, update and resubmit the form as soon as possible.

## 2. Submit a Food Worker Card

Submit proof of your Food Worker Card - \$10 for three years

- Vendors must submit a Food Worker Card to the Anchorage Health Department, Environmental Health Services Program and is valid for three years.
- Take the Food Worker Card exam online at <http://www.muni.org/foodcard>. This is available in English, Spanish, Korean, and Chinese languages.

## 2. Submit a Food Worker Card

If you do not have access to a computer to take the Online Food Worker Card Test:

- You may also come to the Department of Health and Human Services M-F 8am-4pm and take the test on the 3rd floor in the Environmental Health Services Division. **(Please call ahead 907-343-4200)**
- Upon successful completion of the course and final exam, you will be able to download and print your Food Worker Card. Your Anchorage Food Worker Card is valid for 3 years.
- If you completed the online training over 30 days ago and lost your Anchorage Food Worker Card, you can order a replacement by paying the \$5 fee, as required by the Municipality of Anchorage



# 3. Provide List of Ingredients

Submit a list of ingredients of all the cottage foods:

- Vendors must submit a list of ingredients and process for preparing each food product recipe for each cottage food you want to sell to the Anchorage Health Department, Environmental Health Services Program. You must keep the ingredient list on file up-to-date if you decide to add products. *Call 907-343-4200 to discuss how best to submit your ingredient list or new recipe.*

**Example:**

**Delaney Park Sweet Pickles:** English cucumbers (rinsed and speared), kosher salt, granulated sugar, dried dill, white vinegar, and water.

Place ingredients into washed, rinsed, and sanitized mason jars and can/seal according to the manufacturer instructions. Cool jars safely and add labels to jars before storing. *See more information about labeling.*

# 4. Submit a pH Test

## Submit a pH test for certain cottage foods:

The pH is a scientific measure of how “acidic” or “basic” a substance is. Scientists measure pH on a scale of 0 to 14. A lower value on the pH scale indicates the substance is more acidic whereas a higher value indicates the substance is more basic. Food products at a pH of 4.6 or lower will control the growth of dangerous bacteria which can cause foodborne illness.

- Determine if your cottage food needs a pH test to be sold. Not all cottage foods require a pH test.
- Once pH testing is complete, call 907-343-4200 to submit pH testing or have testing site send results to Anchorage Health Department, Environmental Health Service. You will need to maintain proof of required pH testing to ensure the health and safety of the public.

# Cottage Foods Check Lists:

## **Before Selling Cottage Foods:**

1. Submit Cottage Food License - \$25 per year ✓
2. Show proof of Food Workers Card – \$10 for three years ✓
3. Provide a written list of ingredients and the process for making each product ✓
4. Provide a copy of pH test results for products that are pickled or dried ✓

After you have submitted items 1-4 for your cottage food business, you must practice these actions to keep the public safe while selling cottage foods:

## **While Selling Cottage Foods:**

- A. Label cottage foods accurately.
- B. Always display the cottage food placard while selling products and have all documentation available on site.
- C. Assure the health and sanitation practices of those involved in the cottage food making process.
- D. If there is a complaint or concern related to food safety of your products, the Municipality may inspect the cottage food operation at any time.

# A. Label Cottage Foods

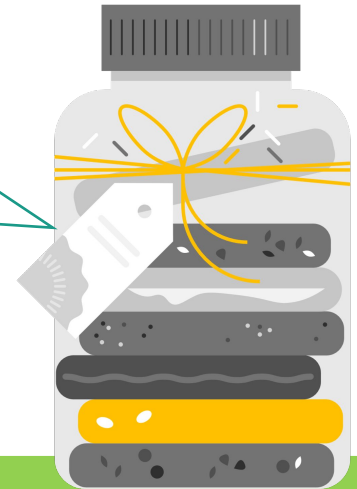
There are several requirements while selling cottage foods that help keep the public safe from foodborne illnesses.

A. Label your cottage foods accurately.

Label the licensed products with the name, physical address, and telephone number of the individual who prepared the food or with the Alaska business license number.

## Label Example:

Delaney Park Pickles and Cookies LLC  
Shawna Briner  
123 Lane  
Anchorage, AK 99501  
907-555-5550  
AK Business License # 20212017



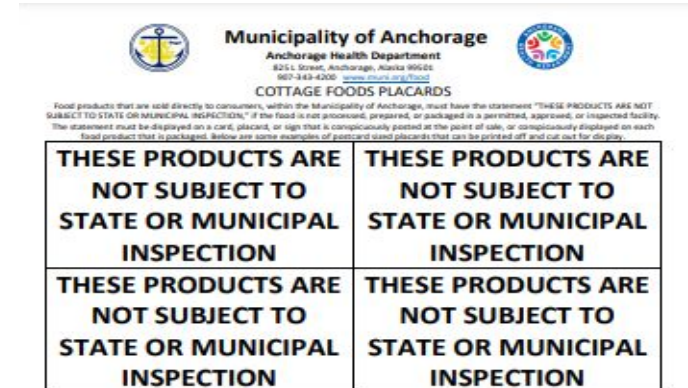


# B. Display Food Placard

There are several requirements while selling cottage foods that help keep the public safe from foodborne illnesses.

B. Always display the cottage food placard while selling your products and have all documentation available on site (license, test results, business license, etc.).

While selling your cottage foods at places like indoor or outdoor markets a placard must be visible.



# C. Assure Health and Sanitation

There are several requirements while selling cottage foods that help keep the public safe from foodborne illnesses.

C. Assure the health and sanitation practices of those involved in the cottage food making process.

Assure that all people involved in the preparation and packaging of cottage food products:

- **Are not working in the home kitchen when ill**
- **Wash their hands** before any food preparation and food packaging activities
- **Avoid bare hand contact** with ready-to-eat foods by using single-service gloves, bakery papers, tongs, or other utensils
- **Do not allow children or pets in the home kitchen during the preparation** of the cottage food products

## D. Inspections of Cottage Food

There are several requirements while selling cottage foods that help keep the public safe from foodborne illnesses.

D. If there is a complaint or concern related to food safety of your cottage food product(s), the Municipality may inspect the cottage food operation at any time. This may include the purpose of inspection and/or the collection of food samples for laboratory analysis.

If you have questions regarding food inspections or compliance, please call 907-343-4200.

# Additional Safety, Samples and Sanitizing

Safe product sampling guidelines: Single use items such as disposable single use utensils, toothpicks, etc. shall be provided for sampling of product.

Sample preparation should have no bare hand contact with products. Hands must be properly washed and dried prior to preparation and all samples should be prepared using tongs, single use gloves, single use papers, or other sanitary methods to maintain food safety.

Have a temporary hand wash station available and, enough utensils to allow for switching of utensils every four hours or as often as needed if they become soiled. Alternatively, vendors may have a three-basin setup available with wash, rinse and sanitize steps to properly clean reusable utensils throughout the day.

An approved sanitizer should be present for use in sanitizing utensils. If chlorine is used for sanitizing utensils, a 50ppm solution is required or 200ppm solution for quat. solutions.

Under COVID-19 Emergency Orders, this process may be suspended temporarily.



# Cottage Foods Check Lists:

## **Before Selling Cottage Foods:**

1. Submit Cottage Food License - \$25 per year ✓
2. Show proof of Food Workers Card – \$10 for three years ✓
3. Provide a written list of ingredients and the process for making each product ✓
4. Provide a copy of pH test results for products that are pickled or dried ✓

## **While Selling Cottage Foods:**

- A. Label cottage foods accurately. ✓
- B. Always display the cottage food placard while selling products and have documentation available on site. ✓
- C. Assure the health and sanitation practices of those involved in the cottage food making process. ✓
- D. If there is a complaint or concern related to food safety of your products, the Municipality may inspect the cottage food operation at any time. ✓

# Thank you!



**Anchorage  
Health  
Department**

**Contact info:**

Environmental Health Services  
Anchorage Health Department

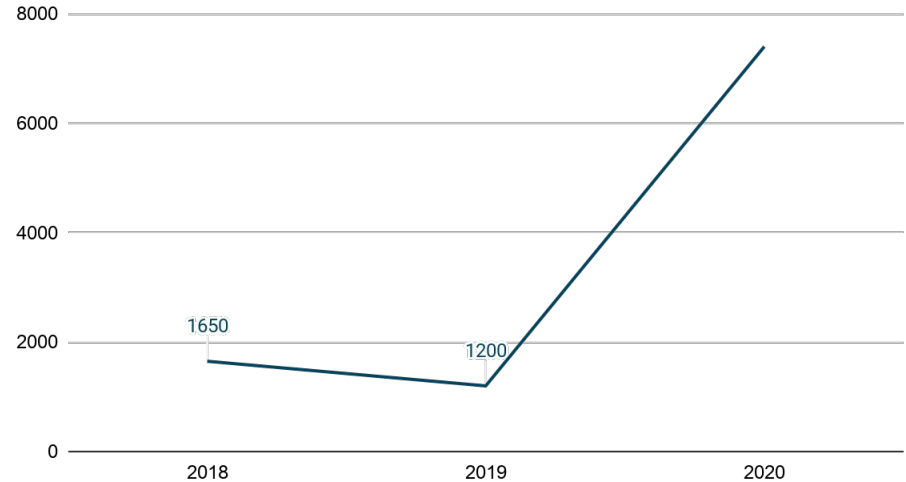
(907) 343-4200

[Janine.nesheim@anchorageak.gov](mailto:Janine.nesheim@anchorageak.gov)

Alaska Food Hub  
Online Cottage  
Food Sales  
Variance (2018)



Annual Food Hub Cottage Food Sales



# Variance Requirements

**Both agencies required the following:**

- Ensure compliance of AMC 16.60.050 requirements, with the exception of AMC 16.60.105.B2
- Food Safety Manager Certification (for site operators)
- Food Workers Card (for home producers)
- Site Permitting
- Make Policy Updates including labeling of: Ingredients, production date, name, address, phone
- Temperature Monitoring




# Labeling Requirements


Online Listings & physical labeling on all cottage food food products must include:

- – Name of product (i.e., Apple and Kale Salad)
- – List of all ingredients
- – Name, address and phone number of where food was prepared, and/or business license number.
- – Production date (if shelf stable, month/year is acceptable)
- – Storage instructions, if not shelf stable
- – Vendors of baked goods are required to sell items individually wrapped
- – If cottage food, label/list with the following statement:  
“THESE PRODUCTS ARE NOT SUBJECT TO STATE INSPECTION”

## Prepared Food

**Bread, Challah**  
*Kachemak Bay Gardens*  
Challah Bread

Fresh Loaf of Challah Bread - \$11.25 ▼

**Masala Chai**  
*Magic Masala*  
organic, traditional indian masala chai blend - fine black tea & freshly-ground spices


3.6 oz Bag - Last Month's Grind - \$11.25 ▼

**Curry Powder**  
*Magic Masala*  
spicy, turmeric-based spice blend - organic


1.5 oz Bag - Last Month's Grind - \$3.13 ▼

**Masala Tulsi Tea**  
*Magic Masala*  
sacred tulsi & warm spices - organic & caffeine-free

1.2 oz Bag - Last Month's Grind - \$4.38 ▼

**Garam Masala**  
*Magic Masala*  
sweet & spicy punjabi-style spice blend - organic

1.5 oz Bag - Last Month's Grind - \$3.75 ▼

**Spiced Hot Chocolate Mix**  
*Magic Masala*  
organic & vegan - raw cacao, coconut, and freshly-ground spices

6 oz Bag, Last Month's Grind - \$6.88 ▼



★ Add to favorites list

### Reviews (0)

This bread is baked fresh to order and the loaf weighs about two pounds. Baked with all natural ingredients: Flour, water, salt, yeast, herbs (oregano, marjoram, thyme, basil, parsley).

These products are not subject to state inspection (Alaska Food Code 18 AAC 31.012(7))

## Bread, Artisan

*Kachemak Bay Gardens*

### Artisan Herb Bread

### Order Now

0 Remaining

Fresh Loaf of Artisan Bread - \$8.50 ▼

Enter Quantity:

Add to Cart



## Magic Masala

Contact: Jen Chauvet

Address: PO Box 1538 Homer, AK, 99603

Email Address: [magicmasalaspice@gmail.com](mailto:magicmasalaspice@gmail.com)

Phone: 669-243-5842

### About Us

Magic Masala creates high-quality tea and spice blends inspired by the colors, flavors, aromas, and diversity of Indian culture and cuisine. We specialize in authentic, traditional masala chai (spiced black tea), and also offer creative spice blends, an herbal version of our beloved traditional masala chai, and custom blends upon request. Our products are lovingly ground and hand-blended from whole, organic, and healthful ingredients. We never add anything "extra" - no synthetic preservatives (the spices are naturally-preserving), no salt, no color-enhancers, no nothing scary that shouldn't be there. Only 100% natural-ness, wholesomeness, and full-power awesomeness. Plus, beaucoup love.

Our blends are ground in small batches, on demand. All of our products are shelf-stable, and will maintain their flavor and freshness for many months when stored properly. For best results, the Magic Masala Walli recommends keeping your teas and spices in airtight containers away from light, heat, and moisture.

Life is Magic. Your food should be too. Namaste and Hari Om.

### Practices

Magic Masala's tea and spice blends are lovingly hand-blended from whole and organic ingredients in Homer, AK.

**Checklist for Producer Deliveries  
Homer- Alaska's Wild Emporium**

For: 11/7/2018-11/14/2018

**Blood Sweat & Food Farms LLC - 9074350551**

Item	Unit	Qty	Verified
Chicken - Drumstick	Each	1	
Chicken - Drumstick	Each	1	
Chicken - Drumstick	Each	1	
Chicken - Drumstick	Each	1	
Chicken Breast Family Pack	Single Pack	1	
Chicken Breast Family Pack	Single Pack	1	
Chicken Breast Family Pack	Single Pack	1	
Chicken Breast Family Pack	Single Pack	4	
Chicken Breast Family Pack	Single Pack	1	
Chicken Breast Family Pack	Single Pack	1	
Chicken Breast Family Pack	Single Pack	1	
Chicken Breast Family Pack	Single Pack	1	
Chicken Breast Family Pack	Single Pack	1	
Chicken Thigh Family Pack	Each	1	
Chicken Thigh Family Pack	Each	1	
Chicken Thigh Family Pack	Each	1	
Chicken Wings	Each	1	
Chicken Wings	Each	1	
Chicken, Liver	Each	4	
Chicken, whole	3-5 lb. whole chicken	1	
Chicken, whole	3-5 lb. whole chicken	1	
Chicken- Chicken Necks	Pound	3	
<b>Total: \$316.53</b>			

**Brennan Farm - 9072994862**

Item	Unit	Qty	Verified
Honey, raw	8 oz bottle	2	✓
Honey, raw	16 oz bottle	2	✓
<b>Total: \$88.00</b>			

**Jakob Bay Oyster Co - 9072993351**

Item	Unit	Qty	Verified
Oyster - Petite Choice	1 dozen	1	✓
Oysters - Standards	1 Dozen	3	✓
<b>Total: \$54.00</b>			

**Kachemak Bay Gardens - 9072351446**

Item	Unit	Qty	Verified
Carrots - Mixed Color	Pound	2	✓
Carrots, Orange	Pound	2	✓
Carrots, Red	Pound	7	✓
Greens, Pea Shoots	2 Ounce Bag	2	✓
Herbs, Spearment Sprigs	1/4 Ounce Bunch	1	✓

**Homer- Alaska's Wild Emporium - Other**

Braund, Susan

Magic Masala

(#4724) Spiced Hot Chocolate Mix, 1 oz Sample Bag - Qty: 1

**Homer- Alaska's Wild Emporium - Other**

Kelsey, Mary Lou

Magic Masala

(#4721) Masala Tulsi Tea, 0.4 oz Sample Bag - Qty: 1

**Homer- Alaska's Wild Emporium - Other**

Martin, Mildred

Magic Masala

(#4724) Spiced Hot Chocolate Mix, 1 oz Sample Bag - Qty: 1

**Homer- Alaska's Wild Emporium - Other**

Maryott, Bridget

Magic Masala

(#4721) Masala Tulsi Tea, 3 oz Bag, Last Month's Grind - Qty: 1

**Soldotna- Christ Lutheran Church - Other**

Cunningham, Allie

Magic Masala

(#4811) Cookies, Spiced Chocolate (Vegan), Cookie - Qty: 1

**Soldotna- Christ Lutheran Church - Other**

Engstrom, Niki

Magic Masala

(#4724) Spiced Hot Chocolate Mix, 1 oz Sample Bag - Qty: 1

**Soldotna- Christ Lutheran Church - Other**

MOSS, LAUREN

Magic Masala

(#4723) Garam Masala , 0.5 oz Sample Bag - Qty: 1

**Soldotna- Christ Lutheran Church - Other**

Rhyner, Laura

Magic Masala

(#4811) Cookies, Spiced Chocolate (Vegan), Cookie - Qty: 1





# Alaska Farmers Market Association

Market Manager Perspectives  
on Cottage Food



- Supplements early season sales (before produce is available or abundant)
- Provides low-cost low-barrier market entry for small scale food producers to trial product ideas (or keep their businesses small)
- Adds diversity to markets, increasing sales for a range of vendors (ie. customers can buy more varieties of food at one place)
- Diligence and resources are required in ensuring labeling and protocol is being followed, and that only allowable products are sold



# AK Cooperative Extension Service

Resources and Services



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# Questions & Answers



## **Contact Information:**

Environmental Health Services  
Anchorage Health Department  
(907) 343-4200

[Janine.nesheim@anchorageak.gov](mailto:Janine.nesheim@anchorageak.gov)

Department of Environmental Conservation  
Food Safety and Sanitation Program  
(907)451-2119 or  
1-87-SAFEFOOD  
1-877-233-3663 (outside Anchorage)  
(907) 269-7501 (in Anchorage)

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## Post-workshop survey & Listserv sign-up



**Complete by visiting:**

[tinyurl.com/2021AKCottageFoodWorkshop](https://tinyurl.com/2021AKCottageFoodWorkshop) or  
<https://forms.gle/bjUPRwuT2Rn91YCi6>

# References



<https://dec.alaska.gov/eh/fss.aspx>

<https://dec.alaska.gov/eh/fss/food/cottage-food/>

[https://www.muni.org/departments/health/admin/environment/fss/documents/cottage food exemptions.pdf](https://www.muni.org/departments/health/admin/environment/fss/documents/cottage_food_exemptions.pdf)

<https://www.muni.org/departments/health/admin/environment/fss/documents/cottage%20food%20waiver%20information%20and%20application.pdf>

- [alaskafb.org](http://alaskafb.org)
- [akfoodpolicycouncil.org](http://akfoodpolicycouncil.org)
- [alaskafarmersmarkets.org](http://alaskafarmersmarkets.org)
- [alaskafoodhub.org](http://alaskafoodhub.org)