Cottage Foods

Ernest Julian, Ph.D.
Chief, Center for Food Protection
Rhode Island Department of Health

Vice-President
Association of Food and Drug Officials
August 6, 2017
Foodborne Illness in the U.S.

- 48 million illnesses each year
  - One person in 6 ill each year
- 128,000 hospitalizations
- 3,000 deaths
- $15.5 Billion economic burden
Long-term Effects of Foodborne Illness

- Kidney failure
  - HUS may occur after E. coli infection
    - Most common cause of acute kidney failure in children
- Chronic arthritis
  - Salmonella, Campylobacter, Shigella
- Brain and nerve damage
  - Meningitis
    - Listeria monocytogenes
  - Guillain Barré
    - Campylobacter (as many of 40% of GB cases may be triggered by Campy)
- Death
The Food that Made You Ill Is Probably Not the Last Food that You Ate

Incubation Period

- Norovirus: 12-48 hours
- Salmonella: 6 to 72 hours
- E. coli O157:H7: 1 to 10 days
- Listeria: 3 to 70 days
Raw Milk

- FDA - “There is no meaningful nutritional difference between pasteurized and raw milk.”
  - Pregnant women run a serious risk of miscarriage or serious illness or death of a newborn.
  - “Raw milk should not be consumed by anyone, at any time, for any reason.”
- CDC - “Raw milk can carry harmful germs that can make you very sick or kill you
  - 840 times more illness
  - 45 times the hospitalizations of pasteurized milk
- Prior to pasteurization, millions of people became sick and died of tuberculosis, scarlet fever, typhoid fever, and other diseases from raw milk
Raw Milk

- 59% of outbreaks involved at least one child younger than 5
- High health care costs
  - Hemolytic uremic syndrome can cause kidney failure and stroke
  - Guillain-Barré syndrome can cause paralysis
- Healthy cows can cause illness
- Testing has not prevented serious illnesses
- Widow names raw milk creamery in wrongful death suit
- Threatens children, will increase serious illnesses, bad for the industry, bad for the farmer, will increase health care costs
- Pasteurization just heats the milk to kill the pathogens
  - Don’t eat raw chicken, Don’t drink raw milk
Cottage Foods
Product & Process Concerns

- Meat, poultry, and fish
- Shell Eggs
- Acidified foods
- LACF
- ROP products
- Apple cider and other juices
- Refrigerated pies and cakes
- Allergens
But the Worst Thing of All?

- Some states allow acidified foods and LACF and ROP products to be produced in a cottage food operation!
Emelia and Reinhold Gerber

- Albany, Oregon 1924
- Home Processed String Beans
- All 12 individuals died within days of one another
- Story was bigger than the death of President Wilson
- U.S. Public Health Service bulletin
Edward and Delphine Hein

- Grafton ND 1931
- Threw a dinner party and served a salad topped with home processed peas
- 13 deaths from botulism [5 family members]
- 3 small children were too young to attend the party and are the only family survivors
Outbreak of Botulism Associated with Jalapeno Peppers, USA 1977

- 59 people affected
- Home-prepared peppers served in a Mexican restaurant in Pontiac, MI.
- Part of a nacho or as a condiment
- Heat treatment given was insufficient
- Some jars exploded during storage, those that did not were served
FDA Food Code; Section 3-201.11[B]

- “Food prepared in a private home may not be used or offered for human consumption in a food establishment”.
Regulatory Guidance for Best Practices

Cottage Foods
April 2012

www.afdo.org
Prerequisite Programs

• Annual Permitting
• Right to Enter
• Zoning Requirements
• Potable Water
• Attendance at Recognized Training Program

Michigan Cottage Food Law Food Safety Training/Webinar

http://vimeo.com/24282676

Michigan State University Extension
www.michigan.gov/mdard
Limitations

- Gross Sales per Year per State
- Direct Sales Only
- Internet Sales Not Permitted
- Only Specified foods to be Produced
Products Permitted

- Loaf breads, rolls, biscuits
- Cakes including celebration cakes [birthday, anniversary, wedding]
- Pastries and cookies
- Candies and confections
- Fruit pies
- Jams, jellies and preserves
- Dried fruits
- Dry herbs, seasonings and mixtures
- Cereals, trail mixes and granola
- Coated or uncoated nuts
- Vinegar and flavored vinegars
- Popcorn, popcorn balls, cotton candy
Products NOT Permitted

• Fresh or dried meat or meat products including jerky
• Canned fruits, vegetables, vegetable butters, salsas etc.
• Fish or shellfish products
• Canned pickled products such as corn relish, pickles, sauerkraut
• Raw seed sprouts
• Bakery goods which require any type of refrigeration such as cream, custard or meringue pies and cakes or pastries with cream cheese icings or fillings
• Tempered and/or molded chocolate or chocolate type products
• Milk and dairy products including hard, soft and cottage cheeses and yogurt
• Cut fresh fruits and/or vegetables
• Food products made from cut fresh fruits or vegetables
• Food products made with cooked vegetable products
• Garlic in oil mixtures
• Juices made from fresh fruits or vegetables
• Ice and/or ice products
• Barbeque sauces, ketchups and/or mustards
• Foccaccia-style breads with vegetables and/or cheeses
Specific Facility Requirements

- Sanitation
- Personal Hygiene
- Specified Products Only
- No Other Activities
- Limited Employees Allowed
- Children and Pets Excluded
- Normal Kitchen Equipment & Utensils
Labeling

- Standard labeling requirements
- Qualification of Cottage food operation
Acknowledgement

• Joe Corby; Association of Food and Drug Officials
• Roxanne Hill; NYS Department of Agriculture & Markets
• Courtney Rheinhart; Virginia Department of Agriculture & Consumer Services
• Craig Nielsen; Georgia Department of Agriculture
• AFDO Food Committee
Prevention is the Key to Reducing Health Care Costs

Cottage Foods Document

- AFDO.org/resource

Ernest Julian Ph.D.
Chief, Center for Food Protection
Rhode Island Department of Health
Ernest.julian@health.ri.gov

Ernest Julian Ph.D.
Chief, Center for Food Protection
Rhode Island Department of Health
Ernest.julian@health.ri.gov

Vice-President
Association of Food and Drug Officials
www.AFDO@AFDO.org