

Preparing Homemade Food for Sale

Getting Started

Looking to Sell Homemade Food?

Do you want to sell homemade food at community markets, bake sales or directly to a customer? Under the Food Safety Regulations (effective May 1, 2024), if the food you are preparing is considered low-risk, you do not require a food premises permit to do so. Medium and high-risk foods can only be prepared in a food premises that has a permit to operate.

It is recommended that you follow the guidelines below when preparing low-risk foods to ensure that the low-risk food you are preparing is safe for people to eat.



What is Low-Risk Food?

- Food that does not need to be kept frozen or refrigerated to stop the growth of bacteria .
- Often high in sugar, salt or acid and/or low in water content.
- Does **not** contain ingredients that bacteria could easily grow on such as meat or fish.
- The food **may** contain dairy or egg products **ONLY IF:**
 - It is fully cooked, e.g. cakes, cookies, etc.
 - It has high salt or sugar content
 - Low moisture content
 - Low pH



Meat, poultry, seafood, cream filled pastries are not allowed.

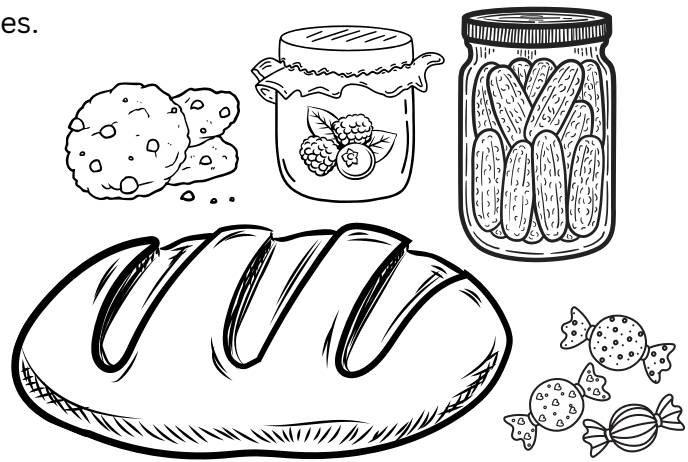


Preparing Homemade Food for Sale

Low-Risk Foods and Where They Can Be Sold

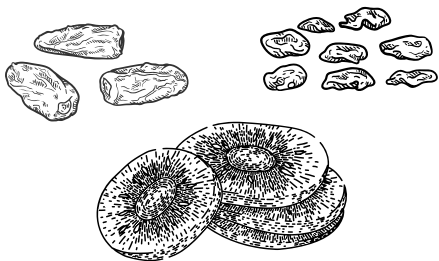
Examples of Low-Risk Food:

- Baked goods **without** cream, custard, or meat fillings, e.g. cakes, squares, bannock, cookies, pastries, muffins.
- Pickled vegetables made with salt and vinegar.
- Dried or dehydrated fruits or vegetables.
- Jams, honey, jelly.
- Candy, i.e. fudge, toffee, chocolate.
- Popcorn.
- Cereal, granola.
- Dry baking mixes.
- Dried vegetarian-based soup mixes.
- Nut butters.
- Dry noodles that **don't contain eggs**.
- Dried grains, seeds, herbs, and spices.



Where Can I Sell?

- ✓ Community markets / events.
- ✓ Bake sales.
- ✓ Direct to customer via home delivery or pickup.



Where Can't I Sell?

- ✗ Facilities with food permits, such as restaurants, cafeterias, grocery stores, coffee shops, convenience stores, bakeries.
- ✗ Facilities that care for vulnerable people such as, hospitals, health centres, special care homes, and licensed child-care centres.

Preparing Homemade Food for Sale

Keeping You and Your Workspace Clean

Keep Your Kitchen Clean

- ✓ Make sure your workspace is clean and sanitized. This includes countertops, cutting boards, equipment, and utensils.
- ✓ Use countertops, cutting boards, equipment, and utensils that are smooth and non-absorbent for easy cleaning.
- ✓ Keep people out of the kitchen who are not involved with the preparation of low risk food for sale. This includes family members, children and pets.
- ✓ Make sure there are no signs of insects or rodents where food is being prepared and stored.
- ✓ Take out garbage regularly.



Keep Yourself Clean

- ✓ Wear clean clothes, an apron, and keep hair covered.
- ✓ Wash your hands regularly with liquid soap and hot water, for 20 seconds. This includes: after using the toilet, smoking, sneezing or coughing, before and after handling food.
- ✓ Do not prepare food if you or someone in your home is ill.
- ✓ Do not prepare food if you have any infected wounds that are open around your hands, wrists or any parts of your arms that are not covered by clothing.




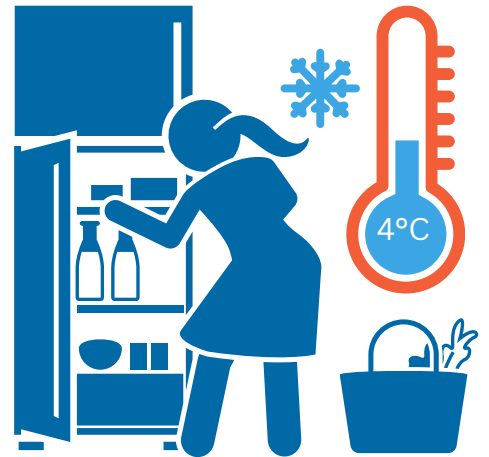
Preparing Homemade Food for Sale

Proper Food Handling

Keep the Food Safe

- ✓ Don't smoke around the food.
- ✓ Store dry ingredients, such as flour and sugar, in airtight containers to prevent insects or rodents.
- ✓ Store ingredients that must be kept cold in the refrigerator at 4°C or less.
- ✓ Keep raw ingredients and prepared food separate.
- ✓ Keep the food for your business separate from your personal food to avoid cross-contamination.
- ✓ Ensure ingredients are not spoiled; keep track of expiration dates.
- ✓ Make sure the water in your home is safe to drink. Follow the directions for the use of water if there is a drinking water advisory in your community
- ✓ Use containers, utensils, and equipment that are designed for food.
- ✓ Prepare individual portions at home and keep them in a covered container.
- ✓ When serving samples, be sure they are either pre-wrapped, or served using tongs.

 Refrigerated items must be stored at 4°C or less.



Preparing Homemade Food for Sale

How to Properly Package Your Food

Recommendations for Packaging Food for Selling

- ✓ Use food-safe packaging.
- ✓ Prepackage the food at home.
- ✓ It is recommended that you label all food with the following information:
 - ✓ A statement similar to '**prepared in a home kitchen that is not subject to inspection**'.
 - ✓ Your name, business name, e-mail and/or phone number.
 - ✓ The name of the food and the date it was prepared.
 - ✓ Statement saying '**not for resale**'.
 - ✓ Labels should be legible, with a minimum 12 pt. font.



<p>Fresh Bannock Made on May, 20, 2024</p> <p>Made by Jane Inuk janedoe@janedoesbakedgoods.com 867-555-5555</p> <p>Prepared in a home kitchen that is not subject to inspection.</p> <p>NOT FOR RESALE</p>

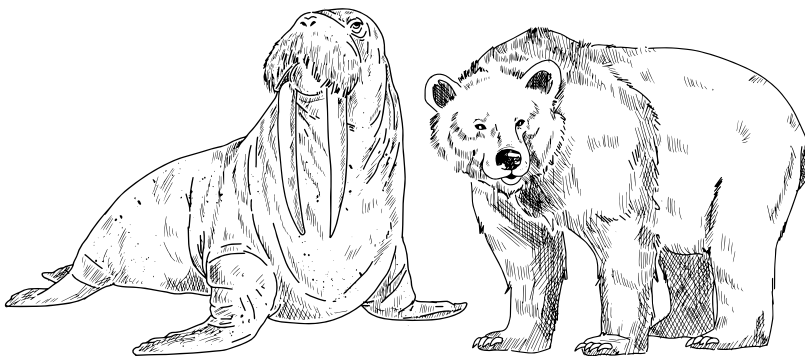
Preparing Homemade Food for Sale

Country Food & Food Donations

What are the rules for country food?

Country food can be sold to the public on food premises with a permit. Any advertising of uninspected country food for sale must include that the country food has not been inspected. For walrus and bear, it must also include whether or not it has been tested for trichinellosis and the result of the test.

Food that includes both country food and other food is **not** considered country food. Country food with added salt, dry seasoning, vinegar without other additives and water is still country food as is dried, smoked or fermented country food with no other added food.



For walrus and bear, it must also include whether or not it has been tested for trichinellosis and the result of the test.

Can I donate leftovers even if they are considered medium or high-risk foods?

If you publicly donate home prepared medium or high-risk food you must clearly indicate, in writing or as part of a broadcast offer, that the food has been produced in a home without a permit.