

# STARTING YOUR FOOD BUSINESS WITH FLEX

Through the FLEX Program, students interested in pursuing a food business must successfully pass the ServSafe Foodhandler Course and follow Cottage Food Regulations to ensure the safety of their customers. Georgia FLEX will provide the necessary support needed, every step of the way!

## WHAT ARE COTTAGE FOODS?

Foods that can be made at home and are considered non-hazardous. They are safe to keep at room temperature and don't need to be refrigerated or carefully monitored for safety.

Examples of products qualified as Cottage Foods are:

- Loaf Breads, Rolls, and Biscuits
- Cakes
- 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 Vinegar
- Popcorn, Popcorn Balls
- Cotton Candy

## WHAT CAN YOU NOT MAKE UNDER COTTAGE FOODS?

Examples of potentially hazardous foods (ones that will not qualify under Cottage Foods) regulations and can NOT be produced in home are:

- Meat
- Poultry
- Fish, shellfish and crustaceans
- Eggs
- Milk and dairy products
- Cooked, plant-based foods
- Baked potatoes
- Certain synthetic ingredients
- Mushrooms
- Raw sprouts
- Tofu and soy-protein foods
- Untreated garlic and oil mixtures

## READY TO START YOUR FOOD BUSINESS?

1. Do your research
2. Pick something you love to make
3. Make it your own

### YOU WILL HAVE TO:

- ✓ Pass the ServSafe Foodhandler Course
- ✓ Have your water tested by DPH, if you are on a private water system
- ✓ Properly label your products according to FDA Standards

### NEED HELP?

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You can also reach out to your local extension agent!