

# SUMMARY OF COTTAGE FOOD PRODUCTS

FOOD & LODGING | 600 East Boulevard Ave, Dept. 301 | Bismarck, ND 58505-0200 | health.nd.gov | 701-328-1291

This handout provides a list of common cottage food and drink products authorized for sale in North Dakota without the need of a retail food license or a health inspection under the ND Cottage Foods Act. The variety and quantity of cottage food and drink products is not limited to the following list of examples. This handout is intended to offer clarification for these and other similar food and drink products as defined in law.



## BAKED GOODS

- Breads, quick breads (banana, zucchini), and lefse
- Biscuits, pretzels, and crackers (coated and uncoated)
- Cookies, including no-bake cookies
- Muffins, donuts, cakes, pastries, fruit pies (including pecan pie) and fruit empanadas such as apple, apricot, grape, peach, plum, quince, orange, nectarine, tangerine, blackberry, raspberry, blueberry, boysenberry, cherry, cranberry, strawberry, red currants or a combination of these fruits



## FROZEN BAKED GOODS

- Baked goods that require time and temperature control for safety\* (refrigeration at 41° F or less) such as pumpkin pie, sweet potato pie, cheesecake, custard pies, kuchen, crème pies, meringue pies, cakes with glaze or frosting (e.g., cream cheese frosting), and pastries with fillings or toppings



## FROZEN DOUGH

- Bread dough
- Pasta noodle dough
- Cheese buttons
- Knoephla dough
- Pie crusts



Remember to label all cottage food products that require refrigeration with safe handling instructions and a product disclosure statement indicating the product was transported by the cottage food operator and maintained frozen.

The term **frozen** means frozen solid.



## CANDIES AND CONFECTIONS

- Caramels and caramel apples
- Chocolates and fudge
- Brittle and hard candy
- Cotton candy, marshmallows and marshmallow-cereal treats
- Chocolate covered pretzels, strawberries, pineapple, bananas, or other non-perishable foods that do not require time and temperature control for safety



## SHELF-STABLE PRODUCTS

- Dry herb and dry herb blends
- Seasoning blends, baking mixes, dip mixes, and soup mixes
- Flour, grains, legumes, dry pasta, dry cereal, and tree nuts (coated and uncoated)
- Popcorn, popcorn balls, granola, and granola bars
- Tea blends, roasted coffee beans, and ground roasted coffee

Dry bulk mixes sold wholesale can be repackaged into a cottage food product. Similar items already packaged and labeled for retail sale cannot be repackaged and/or relabeled.

# SUMMARY OF COTTAGE FOOD PRODUCTS

FOOD & LODGING | 600 East Boulevard Ave, Dept. 301 | Bismarck, ND 58505-0200 | health.nd.gov | 701-328-1291



## HOME-CANNED HIGH ACID\* FOODS

- Items naturally high in acid and have an equilibrium pH of 4.6 or less such as:
  - Fruit jam, fruit jelly, and fruit preserves including, but not limited to apple, apricot, grape, peach, plum, quince, orange, nectarine, tangerine, blackberry, raspberry, blueberry, boysenberry, cherry, cranberry, strawberry, red currants, or a combination of these fruits
  - Fruit butters such as apple, apricot, grape, peach, plum, quince, and prune

## HOME-CANNED ACIDIFIED\* FOODS

- The following items are allowed if acidified and the equilibrium pH is less than 4.6 verified using a calibrated pH meter:
  - Pumpkin butter, banana butter, and pear butter
  - Pickles, salsa, sauerkraut, kimchi, fruit chutney, and applesauce

\* Most fruits are naturally **high acid** foods. **Acidified** means that low acid fruits or vegetables are changed to high acid by adding acid as an ingredient or by the action of a culture (fermentation) to reduce the equilibrium pH to 4.6 or less verified using a calibrated pH meter. A properly home-canned product does not require refrigeration for safety.



## SAUCES, SYRUPS, AND CONDIMENTS

- Honey, molasses, sorghum, maple syrup, and maple sugar
- Vinegar and flavored vinegars
- The following items are allowed if the equilibrium pH is less than 4.6 verified using a calibrated pH meter:
  - Barbeque sauce, hot sauce, taco sauce, ketchup, and mustard



## FRUITS AND VEGETABLES

- Whole, unprocessed fresh fruits, vegetables, leafy greens\*\*, and herbs if grown by the cottage food operator
- Fresh cut fruits and vegetables if grown by the cottage food operator and do not require refrigeration for safety. (This excludes sprouts of any variety, fresh garlic in oil, cut leafy greens, cut tomatoes, and cut melons.) 'Cut' does not include the harvest cut of the stem or stalk.
- Fresh cut fruits and vegetables dehydrated or freeze dried
- Fresh cut fruits and vegetables blanched then frozen solid
- Freezer fruit jams

\*\*Leafy greens include iceberg lettuce, romaine lettuce, leaf lettuce, butter lettuce, baby leaf lettuce or microgreens (i.e., immature lettuce or leafy greens), escarole, endive, spring mix, spinach, cabbage, kale, arugula and chard.



## EGGS & POULTRY

- In-shell farm flock eggs from poultry raised by the cottage food operator.
- Raw frozen poultry products if raised by the cottage food operator granted a 1,000-bird exemption by ND Department of Agriculture State Meat Poultry and Inspection Program.