

TEXAS A&M AGRILIFE EXTENSION

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Colorado County Family Consumer Science News – Winter 2013

Dinner Tonight!

We are excited to announce that Dinner Tonight – Healthy Cooking School is going to be offered this April. It is a multicounty event hosted by Colorado, Fayette, Austin, and Washington County FCS Agents. The goal of the cooking school is to learn how to prepare easy, nutritious and economical meals for families. It will be held on April 2, 2013 at the Blinn College Student Center. The cost is \$20, however, we are in need of 2-3 volunteers from each county to assist with registration, handling the door prizes, and serving food at the tasting tables. Tickets for the volunteers will be \$10. I will be looking in to the possibility of taking the county van for all who are interested in attending. Let us know if you are interested by calling the Extension Office. The deadline to register is March 25, 2013.



Brought to you by...
**TEXAS A&M
 AGRILIFE
 EXTENSION**

DINNER TONIGHT!
 Healthy Cooking School
how to prepare easy, nutritious and economical meals for your family

**Tuesday,
 April 2, 2013
 6 - 8 PM**
 Blinn College Student Center
 Brenham TX
 Cost: \$20 for adults
 \$10 for students

Anyone COOK healthy

Demonstrations by:
 Chef Silvio DiGennaro, Volare's Restaurant
 Chef John McGonagill

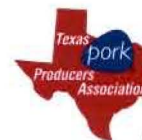
DOOR PRIZES!!!
 (Including a Viking Mixer)

Goodie Bags
 Dinner Tonight Recipe Books—Limited to 1st
 66 registered!

Hosted by: Austin, Colorado,
 Fayette & Washington Counties



Save the Date!



WASHINGTON COUNTY CATTLE-
 WOMEN'S ASSOCIATION

H.E.B.

Le Petite Gourmet Shoppe

Dairy Max

Summer Day Camps

Summer Day Camps dates have been set. We will be offering Kids in the Kitchen, Beading, Sewing and Leatherworking camps this year. If you are interested in volunteering, please give us a call. We are looking forward to another fun year of summer day camps!

Colorado County Extension Website

In a continued effort to provide information in a timely manner the Colorado County Extension Website is updated daily with events, publications, news releases, and much more! In addition to posting events in Colorado County, events happening in neighboring counties are also listed on the website. Be sure to stop by the website and check it out.

colorado.agrilife.org

Eagle Lake Friend to Friend Party

On January 24, 2013 an educational event called “Friend to Friend –Staying Healthy Together” was held at the First Baptist Church in Eagle Lake. Dr. Ramon Cantu was the guest speaker who presented information on the importance of early detection of breast and cervical cancer. **81** ladies from the area attended the event and enjoyed a delicious luncheon provided by the First Baptist Church in Eagle Lake. A huge thank you to committee members and the church for helping us make this event possible. In addition, if you or if you know someone who has been unable to get their yearly screenings due to transportation or no insurance, please give Rosa Guel, Extension Cancer Specialist a call at **956-968-5581**. Rosa will be able to arrange for appointments at the Rice Medical Center for those in need of their yearly well woman checkups. Rice Medical Center has a contract for grant funding with Texas A&M AgriLife to provide transportation and screenings to ladies who meet the criteria.



Western Rice Belt Conference Consumers' Program January 16, 2013

The annual Western Rice Belt Production Conference Consumers' Program was held on *Wednesday, January 16, 2013* at the El Campo Civic Center. The conference guest speaker was Dr. Jenna Anding, Extension Specialist from the Food and Nutrition Department at Texas A&M University. "Preparing and Storing Rice" was the title of her informative presentation. Nutritional value of the different types of rice was explained, general food safety guidelines were presented, as well as rice recipes were shared that highlighted ways of stretching food dollars. 88 participants enjoyed this informative event, door prizes and a wonderful lunch. A huge thank you goes out to the volunteers from Colorado County who serve on this committee: Catherine Berger, Helen Noteboom, Anita Meismer, Sybil Balusek and thank you to all the sponsors who make this event possible and to those who attended from Colorado County!

Cottage Food Production

I often receive calls regarding the selling of foods produced in the home, known as cottage food production. The following information from the Department of State Health Services website may answer some of these questions. Additional information is available at:
<http://www.dshs.state.tx.us/foode establishments>

What is a cottage food production operation?

A cottage food production operation means an individual, operating out of the individual's home, who: produces a baked good, a canned jam or jelly, or a dried herb or herb mix for sale at the person's home that has an annual gross income of \$50,000 or less from the sale of the food described above; and sells foods produced (baked good, canned jam or jelly, or a dried herb or dried herb mix) only directly to consumers from the cottage food production location.

No. A cottage food production operation is not a food service establishment.

What is the definition of a baked good?

A baked good is a food item prepared by baking the item in an oven, which includes cookies, cakes, breads, Danishes, donuts, pastries, pies, and other items that are prepared by baking. A baked good does not include a potentially hazardous food (time/temperature control for safety foods) (PHF/TCS).

What type of food can be prepared at a cottage food production operation?

A cottage food production operation can only produce non-potentially hazardous baked goods, canned jams or jellies, or dried herbs/herb mixes. The following are examples of non-potentially hazardous foods that may be prepared and sold at a cottage food production operation:

- **Breads, rolls, biscuits**
- **Sweet breads, muffins**
- **Cakes (birthday, wedding, anniversary, etc.**
- **Pastries**
- **Cookies**
- **Fruit pies**
- **Jams and jellies**
- **Dry herbs and dried herb mixtures**

What types of foods are not allowed to be sold at a cottage food production operation?

The following foods are examples of food that can not be produced by a cottage food production operation:

- **Fresh or dried meat or meat products including jerky**
- **Canned fruits, vegetables, vegetable butters, salsas etc.**
- **Kolaches with meat**
- **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**
- **Milk and dairy products including hard, soft and cottage cheeses and yogurt**
- **Cut fresh fruits and/or vegetables. Juices made from fresh fruits or vegetables**
- **Ice and/or ice products**
- **Barbeque sauces, ketchups and/or mustards**
- **Focaccia-style breads with vegetables and/or cheeses**
- **Candy that does not require baking, such as pralines**
- **Vinegar and infused oils and vinegars**
- **Dry baking mixes**
- **Dry dip mixes**
- **Dry soup mixes**
- **Dehydrated vegetables or fruits**
- **Popcorn, cotton candy**
- **Chocolate covered pretzels, marshmallows, graham crackers, Rice Krispies treats**
- **Coated or uncoated nuts**
- **Dried pasta**
- **Sauerkraut, pickles, relishes, salsas, sorghum**
- **Roasted coffee beans or ground roasted coffee**
- **Lemonade, juices, hot chocolate or similar beverages**

What is a potentially hazardous food/temperature controlled for safety food (PHF/TCS)?

A potentially hazardous food is a food that requires time and temperature control for safety (TCS) to limit pathogen growth or toxin production. In other words, a food must be held under proper temperature controls, such as refrigeration to prevent the growth of bacteria that may cause human illness. A PHF/TCS is a food that:

Contains moisture (water activity greater than 0.85)

Contains protein

Is neutral to slightly acidic (pH between 4.6 and 7.5)

Where can I sell my cottage food products?

Food produced by a cottage food production operation can only be sold at the individual's home.

Can I sell food produced at my cottage food production operation at a farmers market or temporary event?

No. Food produced by a cottage food production operation can only be sold from the individual's home. In order for an individual to sell food (i.e. baked goods, jams or jellies) at a Farmer's market or similar location, the appropriate retail food establishment or manufactured food license must be obtained and compliance with the Texas Food Establishment Rules is required.

Can I use the internet to sell my cottage food products?

No. Food produced at a cottage food production operation can not be sold through the Internet.

Can I make cottage food products in another building on my property?

No. The law requires cottage food products to be produced in a primary residence that contains a kitchen and appliances designed for common residential usage.

Is labeling required on food items produced by a cottage food production operation?

Yes. All foods prepared by a cottage food production operation must be labeled. New rules will be adopted that will provide specific labeling requirements for foods produced. Effective, September 1, 2011, the label information shall include:

The name and physical address of the cottage food production operation;

A statement: "food is not inspected by the department or a local health department."

Do I need a permit or license for my cottage food production operation?

No. You do not need a permit or license from the Texas Department of State Health Services to operate a cottage food production operation. However, you will need to contact the local health department for their requirements in reference to cottage food production operations.

Is there any limit to how much I can earn from my cottage food production operation?

Yes. A cottage food production operation is limited to an annual gross income of \$50,000 or less from the sale of food produced at the cottage food production operation.

Can I submit a complaint against a cottage food production operation?

Yes. You may submit a complaint to the Texas Department of State Health Services (DSHS) for cottage food production operations located under DSHS jurisdiction. If the cottage food production operation is located under the jurisdiction of a local health authority, you will need to register your complaint with the local health department.

Will the Department of State Health Services conduct inspections at cottage food production operations?

No. The Department does not have authority to conduct inspections at a cottage food production operation. However, the Department may conduct inspections and investigate complaints at food service establishments that are not exempted by this law.

Will I need to comply with local zoning or other laws?

Yes. A Cottage Food Production Operation is only exempted from meeting the requirements for a retail food service establishment. You must contact the local governmental agency to determine if there are other laws or ordinances, such as zoning, that will affect your business.

Will the Department have to place rules concerning cottage food production operations in a separate chapter outside the Texas Food Establishment Rules?

Yes. The department is in the process of writing new rules to address the requirements for cottage food production operations. These rules will be in a new Chapter of the 25 Texas Administrative Codes and available in 2012.

Feel free to call the office if you have additional questions!

Sincerely,



Janis Pfeffer

Americans with Disabilities

Individuals with disabilities who require an auxiliary aid, service, or accommodations in order to participate in any Extension activities are encouraged to contact the County Extension Office at (979)

732-2530 10 days prior
to the activity.