

# Cottage Food

## Training Course

Approach your home-based food business with confidence

Establishing a home-based food business takes work to get started and to stay current. Get a head start on understanding the certifications, processes, and practices required to safely and legally run a cottage food operation in Illinois and learn how the newest laws give businesses room to grow and thrive.

- Self-paced, online learning
- Illinois cottage food laws and topics
- Updates from the Home-to-Market Act (2022)
- Course fee: \$25

**Start your cottage food journey!**

[go.illinois.edu/CottageFoodTraining](https://go.illinois.edu/CottageFoodTraining)



Learn more about cottage food operations in Illinois:  
[go.illinois.edu/CottageFoods](https://go.illinois.edu/CottageFoods)



Get in touch with a local Illinois Extension expert:  
[go.illinois.edu/FindILExtension](https://go.illinois.edu/FindILExtension)



Find your local health department:  
[bit.ly/3KRVj5Z](https://bit.ly/3KRVj5Z)

*This course does not take the place of an American National Standards Institute accredited Certified Food Protection Managers course and exam required by the Illinois Department of Public Health for all cottage food operators and persons preparing or packaging products as part of a cottage food operation.*



### Course Outline

#### *Cottage Food Legislation*

Understand cottage food laws, certifications, requirements, prohibited foods, and sales avenues - and learn about additional requirements for Chicago operators.

#### *General Food Safety*

Food poisoning affects 1 in 6 Americans each year. Protect yourself and your customers by following food preparation, handling, and storage best practices.

#### *Refrigerated and Frozen Food*

Some home-prepared food and drinks require refrigeration to remain safe. Learn when and how to keep foods chilled.

#### *Food Preservation*

Safe food preservation requires approved recipes, methods, and equipment. Be informed on current rules and troubleshoot common issues with canning, dehydrating, and fermenting.

#### *Packaging and Labeling*

Follow the law and support your customers with packaging that protects your homemade products and labeling that identifies ingredients and allergens.

#### *The Business Side*

Review FAQs to understand if you need insurance, if you must conform to local zoning laws, if you can sell to retail outlets, and more!



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