

COTTAGE FOOD

Utah Cottage Food Law: Food Safety Training Requirements



By Gavin Van De Walle, MS, RDN • 05/05/24

The number of cottage — or homemade — food businesses have significantly increased over the past several years.

Each state has its own regulations for cottage food businesses, including [regulations related to food safety training](#).

This article discusses the Utah cottage food law, and whether you need food safety training to sell homemade foods.



Utah cottage food production

Utah's cottage food law allows you to make or package shelf-stable food in your home kitchen.

Shelf-stable foods are those that don't require time or temperature controls for safety (TCS).

TCS foods are also known as potentially hazardous foods, and include foods of animal origin like meats or dairy products, and raw seed sprouts.

Examples of shelf-stable foods include:

- nuts
- grains
- seeds
- dry mixes
- baked goods
- confectionary

These types of foods are less likely to be contaminated with bacteria, and don't offer bacteria the environment or nutrients they need to grow and multiply.

However, you must confirm with an approved food laboratory or process authority or receive approval from the Utah Department of Agriculture and Food that the food you want to produce and sell is not potentially hazardous based on its recipe.

You can sell fruits and vegetables that you grow, but if you apply pesticides, you must have a current private pesticide applicator certification.

You must properly label each food item that you sell with (1):

- its common or descriptive name
- a list of ingredients in descending order of predominance by weight when the product contains at least two ingredients
- declaration of any food allergen by its common name, unless the allergen is already part of the usual name — for example, almonds
- the name, address, and phone number for the place of business or residence
- nutrition facts label, unless it qualifies for an exception
- the words "Home Produced" in bold

Most cottage food producers sell their products at outdoor markets throughout Utah.

Utah only allows the sale of these items directly to consumers within the state.

Unlike many states, Utah doesn't have a cap on the amount of money you can earn from your cottage food business.

Summary

Under the Utah cottage food law, you can sell foods that don't require time-temperature controls for safety directly to consumers.

Do you need food safety training to sell homemade food in Utah?

Although cottage food businesses aren't regulated like commercial food establishments, Utah will still inspect your cottage food operation to ensure you're following safe food handling, preparation, and storage techniques.

To ensure you're educated on these techniques, Utah requires that you — and anyone else involved in food preparation — hold a valid food handlers permit before you can sell your homemade goods.

How to earn your Utah Food Handlers Permit

Utah issues a food handlers permit after you complete a food handler course and pass a test that the state approves.

Earn Your Food Handlers Card + Certificate to Sell Cottage Foods

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Utah charges a \$15 health department fee on top of the cost to enroll in the course.

An approved food handler course includes at least 75 minutes of training — offered either as an online or in-person course — on topics such as:

- the temperature danger zone
- approved methods for thawing and cooling foods
- the minimum internal cooking temperatures for foods
- cross-contamination and cross-contact prevention
- cleaning and sanitizing procedures
- good personal hygiene

After you complete the training, you must pass a multiple-choice test by answering at least 30 (75%) of the 40 questions correctly.

You can retest for free if you needed.

Upon passing, you're issued a food handlers card and certificate which serves as proof to your health department that you have completed the required training to receive your food handlers permit.

Most approved course providers — including FoodSafePal — notify your health department and send them the \$15 fee that they collect at enrollment so you don't have to.

You can expect to receive your official Utah Food Handlers Permit by mail within 30 days of passing the test.

With that permit, you will then be permitted to produce and sell your products after the approval of your application.

Here's a complete [application guide for Utah's cottage food program](#).

Your Utah Food Handlers Permit will be valid for three years, and you have seven days from the date it expires to renew it by reenrolling in and passing another approved food handler training course.

Summary

Utah requires that you have a food handlers permit before you can produce and sell homemade food. To get a permit, you must take and pass a state-approved food handler training course — such as FoodSafePal's.

The bottom line

Utah requires a Food Handlers Permit before you can produce and sell homemade food.

This includes any family, friends, or employees involved in your business.

To get a Utah Food Handlers Permit, you must complete and pass a state-approved food handler training course, such as FoodSafePal's.

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You earn a food handlers card and certificate after you pass, which serves as proof that you have completed the state-approved training and testing.

Most training providers — including FoodSafePal — will then notify your health department that you have completed the training, allowing you to receive your official Utah Food Handlers Permit by mail.

Your permit will be valid for three years, after which you must retake and pass another Utah-approved food handler training course.



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Gavin Van De Walle holds a master's degree in human nutrition and food science. He is also a registered dietitian nutritionist who aims to make food safety intuitive and accessible for everyone.

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