

APPROVED COTTAGE FOOD EXAMPLES

Background:

The California Department of Public Health (CDPH) is responsible for maintaining the Approved Cottage Foods List and may add or delete food categories. This food list is not all encompassing and may be subject to changes.

Your Food Product List:

Please consider the following when completing a Food Product List for a cottage food operation application with Sacramento County.

- List all specific flavors offered including “Original or Plain” flavor.
- All food preparation and food related equipment needs to be inside the Cottage Food kitchen. No use of the garage or shed permitted.
- Herbs/spices will be on the following lists:
 - [CFR, title 21, Part 182, Subpart A, Sec 182.10](#)
 - [CFR, title 21, Part 182, Subpart A, Sec 182.20 \(flavoring\)](#)
 - [CFR, title 21, Part 172, Subpart F, Sec 172.510 \(flavoring\)](#)
 - [American Spice Trade Assn – Spice list \(must be a member to view\)](#)
- Must use ingredients that are Generally Recognized as Safe (GRAS).
- No CBD or industrial hemp.
- No dietary supplements.
- No fish, meat, or poultry and vegan meats.
- No kratom.
- No lard.
- No liquid beverages.
- No mushrooms.
- No nutritional or health claims on label, for example: calorie-free; fat-free or sugar-free; **gluten-free, no gluten, free of gluten or without gluten**; good source of (Vitamin or nutrient); healthy; high fiber; light or lite; low calorie; low sodium; natural; reduced.
- No pet foods.
- No Reduced Oxygen Packaging or vacuum packaging.
- The use of the term “Organic” either in the name or as an ingredient requires registration with the California Department of Food and Agriculture. Register or remove “organic” from application.

1. Baked Goods without Cream Custard, or Meat Fillings:

Overall notes for this category:

- Alcohol may be added to baked goods. Alcohol in excess of ½ by 1% by weight must be declared on the label or in a consumer advisory.
- List frostings, icings, fondants, and gum pastes that are sold as part of product.
 - If sold separately, list under Food Product Category - Frostings, Icings, Fondants, and Gum Pastes that Do Not Contain Eggs†, Cream, or Cream Cheese
- Manufactured canned jalapenos and/or olives can be baked in or as a topping.
- No cheese fillings.
- No curd type toppings or fillings.
- No fresh fruit or vegetable toppings.
- No fresh ube. Ube powder and extract allowed.
- No live bread starters.
- No raw food product. All food products must be baked and fully cooked when sold.
- No rice cakes, steamed rice cakes, or sticky rice.
- Water based ganache only.

The following include examples but not limited to:

Food Product	Approved	Not Approved
<i>Bagels</i>		
<i>Baklava</i>		
<i>Biscuits</i>		
<i>Bread</i>		Fresh produce
<i>Brownies</i>		Bean brownies
<i>Buns</i>		
<i>Cake</i>	Fresh fruits baked within batter. Carrot cake	Cheesecakes including vegan types Gelatin cakes Rice cakes Steamed cakes
<i>Churros</i>		
<i>Coconut macaroons</i>		
<i>Cookies</i>		
<i>Crackers</i>		
<i>Cupcakes</i>		
<i>Donuts (fried or baked)</i>	Funnel cake	
<i>Empanadas (fruit only)</i>	Fruit empanadas	No cheese or meat filled empanadas.
<i>Flatbreads</i>	Pitas Naan	
<i>Fruit, nut or seed bars</i>		
<i>Macarons (with approved fillings or buttercream)</i>		
<i>Muffins</i>	Baked mochi muffins	
<i>Pastries</i>		
<i>Pies (fruit only)</i>	Fruit cobbler Fruit crisps Fruit crumbles	Chocolate cream pie Coconut pie Custard and cream-based pies

		Lemon meringue pie Pecan pie Pie toppings made from raw egg meringue or whipped cream. Pumpkin pie Rhubarb pie Strawberry pie Sweet potato pie
<i>Pizzelles</i>		
<i>Quick breads</i>	Banana bread	Bread pudding Zucchini bread
<i>Samosas (fruit only)</i>		
<i>Scones</i>		
<i>Tamales (fruit only)</i>		
<i>Tarts</i>		
<i>Tortillas</i>		
<i>Torts</i>		
<i>Waffles (fried or baked)</i>	Crepes Pancakes	
<i>Waffle cones</i>		

2. Candy and Confections:

The following include examples but not limited to:

Food Product	Approved	Not Approved
<i>Candied popcorn (balls, caramel, chocolate)</i>	Caramel corn Kettle corn Recipes with butter/margarine, brown sugar, sweetened condensed milk, corn syrup, salt, flavoring extract.	Heavy cream recipes Grains other than popcorn.
<i>Caramels</i>	Recipes with butter/margarine, brown sugar, sweetened condensed milk, corn syrup, salt, flavoring extract.	Heavy cream recipes
<i>Cotton candy</i>		
<i>Chocolate</i>	Dried fruit truffles Dried coconut truffles Non-perishable truffles	
<i>Chocolate-covered nonperishables (including marshmallows, nuts, candy, dried fruit, potato chips, or any combination)</i>		
<i>Freeze-dried candies</i>		Cheesecake Ice cream
<i>Fudge</i>		

<i>Edible dessert sprinkles (Sugar based, Chocolate based, Pralines, Confetti, Nonpareils, Sequins, etc.)</i>		
<i>Ground chocolate</i>		
<i>Hard candy</i>	Commercially manufactured Tajin, Miguelito, and Chamoy Sauce can be used to cover candy. Commercially manufactured candied citrus rinds/peels.	Home-made versions of Tajin, Miguelito, and Chamoy Sauce used to cover candy. Homemade candied citrus rinds/peels.
<i>Marshmallow bars</i>	Recipe with gelatin Recipe with pasteurized eggs	
<i>Marshmallows (without eggs)</i>	Gummies with non-perishable flavoring. Recipe with gelatin	Gummies made from fruit/vegetable purees.
<i>Popcorn balls</i>		
<i>Salted caramels</i>	Recipes with butter/margarine, brown sugar, sweetened condensed milk, corn syrup, salt, flavoring extract.	Heavy cream recipes
<i>Spiced sugar</i>		
<i>Toffee</i>		

3. Extracts Containing at least 70 Proof or 35% Food-Grade For Human Consumption Ethanol/Alcohol:

Only those listed or combinations of those listed are allowed:

Food Product	Approved	Not Approved
<i>Extracts</i>	Apple, Apricot, Blackberry, Blueberry, Cherry, Chocolate, Cinnamon, Clove, Cranberry, Grapefruit, Kiwi, Lemon, Lime, Orange, Peach, Pear, Pineapple, Pomegranate Alcohol/ethanol must be manufactured, for human consumption, and be food-grade.	Fresh herbs/spices added Infused or pure oils

4. Dried, Dehydrated, and Freeze-Dried Foods:

Overall notes for this category:

- Fruits, herbs, and vegetables can be grown at the Cottage Food home location or from a community food producer.
- List general ingredients used for herbs, spices/rubs, and teas.
- No mushrooms of any kind.
- No sun-drying.

The following include examples but not limited to:

Food Product	Approved	Not Approved
<i>Baking mixes</i>		Ground flours made from barley, amaranth, or oats
<i>Bean soup mixes</i>	Can include dry bouillon	
<i>Cereals</i>		
<i>Coffee (roasted or freeze-dried)</i>		
<i>Fruit</i>		
<i>Fruit powders</i>		
<i>Fruit roll-ups</i>		
<i>Grain mixes</i>		Sprouted seeds
<i>Granola</i>	Baked or dried granola Baked or dried chocolate/yogurt covered granola	Soft “wet” granola or energy balls
<i>Ground chocolate</i>		
<i>Herbs & herb blends</i>		Fresh herbs Sea moss
<i>Hot chocolate mix</i>		
<i>Pasta</i>		
<i>Popcorn</i>	Buttered popcorn Corn only Recipe with garlic oil	
<i>Potato chips</i>	Parmesan crisps	
<i>Seasoning salt</i>		
<i>Spice mix or rubs</i>		Black garlic, Hot sauce, Mole paste, Salsa , “Wet” BBQ sauce
<i>Tea</i>		Extracts, Hollyhock, Mallow, Nuts, Rice, Rooibos
<i>Trail mixes</i>		
<i>Vegetables</i>		Fermented foods Pickles
<i>Vegetable chips</i>	Commercially manufactured dried seaweed	Rice cakes
<i>Vegetable soup Mixes</i>	Can include lentils, rice, and/or dry bouillon.	Animal product ingredient Bird’s nest soup Bone broth Chicken soup mix

5. Frostings, Icings, Fondants, and Gum Pastes that Do Not Contain Eggs*, Cream, or Cream Cheese :

Overall notes for this category:

- *Frostings and icings made with meringue powder, powdered eggs, or pasteurized eggs are allowed
- Separate from baked goods portion of food list if sold separately.

The following include examples but not limited to:

Food Product	Approved	Not Approved
<i>Buttercream made with butter (traditional, vegan, and chocolate)</i>	Allowable additions to make frosting spreadable but not pourable: (2-3 Tbsp) of all milk varieties, balsamic vinegar, water, extracts, flavored emulsions. Commercially manufactured dulce de leche. Recipes that use peanut butter, shortening, or vegan butter instead of dairy butter. Water based ganache	Aquafaba Citrus curd Citrus zest Cream cheese or vegan cream cheese Fresh/raw coconut Fresh fruits Marshmallow cream Mascarpone Milk or vegan milk-based ganache Recipes with alcohol, juice, and/or powdered milk Vegetables
<i>Flat icing</i>	Store bought icing Sugar or corn syrup and water recipe	Aquafaba Milk or cream
<i>Fondant (regular and chocolate)</i>		
<i>Frosting with commercially manufactured balsamic vinegar</i>		
<i>Gum paste (pasteurized eggs only)</i>		
<i>Edible images</i>	Edible food grade pictures	
<i>Sugar glazes</i>	Sugar or corn syrup and water recipe	
<i>Vegan gum paste</i>		

6. Honey and Sorghum Syrups:

Overall notes for this category:

- Only pure; no additional ingredients are allowed.
- Honey packaged by a producer can be permitted by the Local Agricultural Department (Certified Producer Certificate); no Cottage Food Operation (CFO) Permit required.
- Honey packaged by a person who did not produce the honey with an agriculture certificate must be packaged/sold with a CFO.

- If producing or repackaging *infused honey*, [Processed Food Registration \(PFR\)](#) from California Department Public Health required.

The following include examples but not limited to:

Food Product	Approved	Not Approved
<i>Honey</i>	Honeycomb Plain, pure, raw, simple honey Sorghum syrup Whipped honey Natural floral flavor of the comb	Infused honey Maple syrup

7. Fruit Butters, Preserves, Jams, and Jellies that Comply with Part 150 of Title 21 of The Code of Federal Regulations (CFR):

Overall notes for this category:

- Flavorings may only be added to fruit butters.
- Hybrids of fruits listed in PART 150 OF TITLE 21 OF THE CODE OF FEDERAL REGULATIONS (CFR) are acceptable.
- Low sugar is not an option unless the jam/jelly is sweetened with saccharine. No other sugar free sweetener may be used.
- No citrus peel or zest.
- No vegetables.
- Only those fruits listed in this CFR are allowed. Additional fruits or vegetables will not be approved.
- Specify between fruit butter, jam, jelly, or preserve for food product name.
- Spices may be added to fruit butter, jelly, or jam.
- Sugar as main ingredient with 55:45 ratio

The following include examples but not limited to:

Food Product	Approved	Not Approved
<i>Fruit Butter</i>	Apple, Apricot, Grape, Peach, Pear, Plum, Prune, Quince Flavorings may only be added to fruit butters	Chutney Ghee/Clarified butter Recipes with applesauce
<i>Jams/Preserves</i>	<u>Group 1</u> Blackberry, Black raspberry, Blueberry, Boysenberry, Cherry, Crabapple, Dewberry, Elderberry, Grape, Grapefruit, Huckleberry, Loganberry, Orange, Pineapple, Raspberry, Red raspberry, Rhubarb, Strawberry, Tangerine, Tomato, Yellow tomato, Youngberry <u>Group 2</u> Apricot, Cranberry, Damson, Damson plum, Fig, Gooseberry,	Mango jam Marmalade Recipes with butter, animal fat, or ginger ale

	Greengage, Greengage plum, Guava, Nectarine, Peach, Pear, Plum, Quince, Red currant	
<i>Jelly</i>	Apple, Apricot, Blackberry, Black raspberry, Boysenberry, Cherry, Crabapple, Cranberry, Damson, damson plum, Dewberry (other than boysenberry, loganberry, and youngberry), Gooseberry, Grape, Grapefruit, Greengage, greengage plum, Guava, Loganberry, Orange, Peach, Pineapple, Plum (other than damson, greengage, and prune), Pomegranate, Prickly pear, Quince, Raspberry, red raspberry, Red currant, currant (other than black currant), Strawberry, Youngberry	Alcohol jelly Apple cider jelly Lime jelly Pepper jelly Recipes with butter, animal fat, or ginger ale

8. Nuts, Nut Mixes, and Nut Butters:

Overall notes for this category:

- Only roasted/pasteurized nuts are allowed.

The following include examples but not limited to:

Food Product	Approved	Not Approved
<i>Nuts</i>	Roasted nuts	Boiled peanuts Homemade nut milk Raw nuts
<i>Nut Mixes</i>		
<i>Nut Butters</i>		Cold pressed oils

9. Powdered Drink Mixes Made from Manufactured Ingredients:

Overall notes for this category:

- Drink mixes cannot be labeled with “protein” because the amount cannot be determined.
- No liquid beverages – only dry mixes

The following include examples but not limited to:

Food Product	Approved	Not Approved
<i>Drink mixes</i>		Kava Kombucha Nut milk kit

10. Vinegars and Mustards:

The following include examples but not limited to:

Food Product	Approved	Not Approved
Mustards (plain, without eggs)	Recipe with ground mustard seeds, water, or vinegar, and dried herbs/spices	Recipe with eggs not allowed even pasteurized eggs or cooked eggs
Vinegars		Basil-infused vinegar Recipe with alcohol or fresh herbs/spices Red wine vinegar Rosemary-infused vinegar
Fruit-infused vinegars (only high-acid fruits)	Apple, Blackberry, Blueberry, Cherry, Crabapple, Cranberry, Grape, Gooseberry, Grapefruit, Huckleberry, Kumquat, Lemon, Lime, Loganberry, Nectarine, orange, Peach, Plum, Pineapple, Pomegranate, Quince, Raspberry, Strawberry, Tomatillo, Youngberry	Recipe with alcohol or fresh herbs/spices

Resources:

[CDPH CFO Webpage](#)

Summary of Revisions

3/06/2025: Initial version