



COLORADO  
FARM TO TABLE  
FOOD SAFETY

# Colorado Cottage Foods: Nuts and Seeds

## Nuts and Seeds

Nuts and seeds from a wide variety of plant families are edible and eaten raw, roasted as snack foods, and used in baking. Nuts and seeds can be good sources of nutrients and often have high oil content. They are known for health benefits but also contain common food allergens.

## Potential Products

### Roasted Coffee Beans

Coffee is actually a seed, often roasted in preparation for brewing.

### Trail Mix

Combinations of nuts and seeds, sometimes with the addition of dried fruits and/or chocolate.

### Roasted Nuts

Nuts roasted with salt, herbs, and/or spices, usually without added oils.

### Roasted Seeds

Seeds roasted with salt, herbs, and/or spices.

## Providing Safe Samples

Samples must be offered in a sanitary manner using single-use service items such as disposable napkins, toothpicks, or cups. Servers must wear a new pair of gloves when preparing samples and/or use clean utensils when handling samples. If providing any product in its prepared form, such as dip mix, precautions to maintain proper temperatures and avoid contamination must be taken. Customers must not be allowed to dip directly into products. **If brewing coffee for consumers it must only be provided as a sample. Coffee can only be sold to the consumer as roasted beans, not as a prepared beverage.**



## Food Safety Concerns

If not roasted, dried/cured, packaged and stored properly, there is risk of contamination or rancidity of oils in raw or roasted nuts and seeds. Nuts, seeds, and coffee 'beans' can be infected with molds, sometimes in the field, but more commonly during improper storage. Once toxins from mold are present, they can persist through processing into the final food product and pose serious health consequences to those who consume the food or beverage with high amounts of toxin.

*Three of the top 8 allergens are related to nuts and seeds: Milk, Eggs, Peanuts, Tree nuts, Soybeans, Wheat, Fish, Shellfish.*

## Packaging

Products must be packaged in food grade materials. All cottage food products must display the information required by the Colorado Cottage Foods Act and outlined by the Colorado Department of Public Health and Environment.

## Questions

**Q:** What is the shelf life of nuts?

**A:** Shelf life depends on the type of nut and how they are stored. Most nuts contain unsaturated fats, which can become rancid and give nuts a paint-like smell and bad taste. A general ranking of shortest to longest shelf life is: walnuts, pecans, Brazil nuts, peanuts, almonds, pistachios, cashews and hazelnuts. Freezing can extend the shelf life.

## Resources

- Colorado Farm to Market:  
<http://cofarmtomarket.com/>
- CSU Extension:  
<http://extension.colostate.edu>





# Colorado Cottage Foods: Nuts and Seeds (cont.)

## Colorado Cottage Foods Act

Colorado Senate Bill 12-048 allows individuals to produce, sell, and store a limited number of specific, non-potentially hazardous 'cottage food' products, in a home kitchen. Cottage food businesses require no license or permit from the Colorado Department of Public Health and Environment and are not inspected by any state or local government entity. Products must be sold directly by the cottage foods operator to an informed end consumer and gross sales for each product produced must not exceed \$10,000 annually. Sales outside of the state of Colorado are prohibited.

## Allowed Cottage Food Products in Colorado

A limited range of foods that are non-potentially hazardous and do not require refrigeration are allowed. These foods include spices, teas, dehydrated produce, nuts, seeds, honey, jams, jellies, preserves, fruit butter, flour, baked goods including candies, fruit empanadas and tortillas, and pickled fruits and vegetables.

## General Labeling Requirements

A cottage food operation may only sell products offered with a label containing the following information (printed in English):

The identification of the cottage food product →	Chocolate Chip Cookie
The producer's name →	Joe Baker
The address at which the cottage food was produced →	123 Safe Food Ave. Anywhere, CO 80XXX
The producer's current phone number →	303-555-1234
The producer's current email address →	jbbaker@cookie.com
The date on which the food was produced →	Manufacture Date: March 15, 2017
A complete list of ingredients →	<b>Ingredients:</b> Enriched flour (wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin and folic acid), butter (milk, salt), chocolate chips (sugar, chocolate liquor, cocoa butter, butterfat (milk), soy lecithin as an emulsifier), walnuts, sugar, eggs, salt, artificial vanilla extract, baking soda.
The exact disclaimer →	<b>DISCLAIMER:</b> This product was produced in a home kitchen that is not subject to state licensure or inspection and that may also process common food allergens such as tree nuts, peanuts, eggs, soy, wheat, milk, fish and crustacean shellfish. This product is not intended for resale.

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### Resources:

Colorado Department of Public Health and Environment: <http://cdphe.state.co.us> and Colorado Farm to Market: <http://cofarmtomarket.com>

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