

Food Business Resources:

MA Food Code: [105 CMR 500](#)

Food Processor Guide for MA: [The Massachusetts Food Processors Resource Guide | Mass.gov](#)

Food Labeling guidelines: [Microsoft Word - REVISED FP-02 Food Labeling \(6-30-2015\)](#)

Wholesale processing in shared kitchen: [Microsoft Word - FP-07.doc](#)

Labeling brochure:

[Massachusetts Minimum Requirements for Packaged-Food Labeling - March 2015, 5th edition](#)

Residential kitchen: [Residential Kitchen Questions and Answers](#)

Calculate business start-up costs: [Calculate Startup Costs | U.S. Small Business Administration](#)

UMass Links to trainings: : [Trainings | Center for Agriculture, Food, and the Environment at UMass Amherst](#)

Electronic data base of CFR: [eCFR :: Home](#)

Farm to Institution White Papers: [New England Local Food Processing White Papers | Farm to Institution New England](#)

For canned/acidified products: Scheduled Process info: [Frequently Asked Questions | CALS](#)

Liquor associated products: [Alcoholic Beverages Control Commission | Mass.gov](#)

Commonwealth Kitchen [CommonWealth Kitchen | Launch and Grow Your Food Business](#)

Lee Hill Kitchen/Culinary Incubator (Hyannis) [CAPE COD CULINARY INCUBATOR – resources for the food entrepreneur](#)

Hope and Main (RI) [Hope & Main](#)

Note: Cooperative Extensions also have resources and researched recipes, etc.

[www.capecod.gov](#) Barnstable County for Coop. Extension and County Health

SCORE Cape Cod & the Islands <https://www.score.org/capecod>

MA Small Business Development Center <https://www.msbdc.org/semass/>

General Food Handling Plan Table

Track how your food product is handled from your idea to reaching your customers (Table 3)

Product	<i>What are you making and for whom (for example, fruit jams and selling at farmers markets or a retail store)? List every item and ALL ingredients.</i>
Purchasing	<i>Where are you purchasing your ingredients from? All food sources must be from an approved, reputable supplier which has been inspected and meets local, state and federal laws. All products must be traceable if you are asked.</i>
Receiving	<i>Describe how you will follow good receiving procedures. If you are picking products up, list how you will keep the products food-safe during transport.</i>
Storage	<i>Where are you keeping your unprocessed ingredients? How are you keeping your products from being time/temperature damaged or from cross contamination?</i>
Preparing	<i>How are you going to keep your food safe and high quality while you are prepping?</i>
Cooking	<i>Describe your cooking process (if any). What equipment will you need? What temperatures are required to keep food safe, and how will you document this?</i>
Cooling	<i>Not all products need to be cooked or cooled. List your processing treatment and describe your process. Does it need a specific heat or cooling temperature? If so, what type of equipment do you need to make this temperature?</i>
Packaging	<i>How will you package your product? What are the specifications for the materials you will be using? Describe in detail how you are going to keep food safe and your sanitizing process at this stage. Does your package need to withstand extreme temperatures during production (i.e. hot filling? freezing?)</i>
Sampling	<i>Do you plan to promote your product by sharing samples to the public? Some towns have restrictions regarding the sampling of foods at farmers markets.</i>
Storage	<i>Where will you store your finished product? How is it going to be packed and held (for example, 12 bottles per case, stacked in rented dry storage space)? Storage of finished product is not allowed in your home, car, or a non-certified facility.</i>
Transport & Distribution	<i>How are you going to move your finished product to market or a distributor and keep it safe from time and temperature abuse?</i>

Summary of several food safety regulations within FDA and USDAg organized by product category/processing type (Table 4)

Product	Residential Kitchen	CGMPs	USDA - including meat & poultry		FDA - including dairy, seafood, produce, packaged foods, bottled water, etc.				
	Register with State FPP if Wholesale		Registration	HACCP	Registration	HACCP	Form 2541, 2541a	Process Authority	Preventive Control
Acid Foods - Vinegar		X			X				X
Acidified Foods		X			X		X (Scheduled-Process)	X	X
Baked Goods (non-PHF)	X	X			X				X
Canned Foods		X	X (>3% meat)		X		X	X	X(<3% meat)
Dairy		X			X				X
Fermented Food		X			X				X
Frozen Entrees		X			X				X
Fruits & vegetables, dried		X			X				X
Fruits & vegetables, frozen		X			X				X
Jams & Jellies		X			X				X
Juice		X			X	X			
Low Acid Canned Foods		X			X		X	X	X
Meats & Poultry		X	X	X		X			
Seafood		X		X	X	X			*

Notes:

Residential Kitchen, CGMPs, USDA, and FDA fall with different types of food categories. Source: UMASS Amherst CAFÉ Food Science; [LINK](#)

* indicates that there may be regulatory overlap.

+ Refer to the PMO – Pasteurized Milk Ordinance