

Preparing low-risk home-baked goods for sale



Do you want to prepare home-baked goods—such as cookies, breads, muffins, or cakes — to sell at your local farmers market, community bake sale, or directly to a customer?

If the food you are preparing is considered to be “low risk” you do not need a permit under the Nova Scotia Food Safety Regulations.

You do, however, need to follow the recommendations in this factsheet to keep the people who will eat your baked goods safe.

What is a low-risk food?

Food that

- does not need to be kept refrigerated or frozen to stop the growth of bacteria and to prolong the life of the food product
- does not contain ingredients that bacteria could grow on, such as meat or fish

If the food you are preparing contains dairy or egg products, make sure it has

- a high salt or sugar content
- low moisture content or
- low pH

This will keep it from growing micro-organisms that could spread disease.

Not sure if your baked goods are “low risk”? Contact the [Nova Scotia Department of Environment and Climate Change](#).

Follow these Recommendations

Keep your kitchen clean

- Make sure anything that touches the food is cleaned and sanitized before and after you prepare the food. This include counters, utensils, and equipment.
- Keep family members, visitors, infants and small children, and pets out of the kitchen while you are preparing the food.
- Make sure there are no insects or rodents in the area where you are working with the food or storing it.

Keep yourself clean

- Wear clean clothes and an apron.
- Wash your hands often with a liquid soap from a dispenser and dry them with disposable paper towels. Be sure to wash your hands before you handle the food, every time you handle raw food, and after using the toilet.
- Do not cough or sneeze while you are around the food. If you can't help it, cover your mouth and nose with a cloth or tissue and then wash your hands immediately.
- Do not prepare food if you are ill, or someone in your home is ill. Symptoms of illness include vomiting, diarrhea, fever, cough, or severe abdominal pain.
- Do not prepare food if you have infected wounds or lesions that are open or draining around your hands, wrists, or parts of your arms not covered by clothing.

Use safe water

- Make sure the water in your home is safe to drink. If you have a private well, it should be tested regularly. Learn more at novascotia.ca/well-water-testing/.

Use proper packaging and equipment

- Use containers, utensils, and equipment that are designed for food.
- Use proper food-grade packaging to protect the food while it is being stored, displayed, or transported.

Keep the food safe

- Ensure the ingredients you are using are in good condition and are not spoiled.

You are allowed to sell in these places:

- Public markets (such as farmers markets)
- Bake sales
- Temporary events
- Direct to the person who will be eating your baked goods

You are NOT allowed to sell in these places:

- Facilities that make food, such as restaurants, cafeterias, caterers, or bakeries
- Facilities that sell food, such as convenience stores, grocery stores, and coffee shops
- Facilities, such as hospitals, health centres, special care homes, long-term care homes, and licensed child-care centres, that care for vulnerable people

Additional information

- Under the Health Protection Act, Nova Scotia Public Health officers have the right to inspect where you prepare and store your food if the department receives a complaint about unsafe food practices.
- You may also have to follow requirements set by the federal [Canada Food Inspection Agency](#) or the municipal/town governments where you live.

For more information on food safety, visit novascotia.ca/nse/food-protection/.

Nova Scotia Department of Environment and Climate Change

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