

Hello,

Happy Dancing Turtle, in partnership with Cass County LiveHealthy, is hosting an informative local food workshop on Friday May 10th, at 11a.m. Aptly titled “Blazing Trails through the Jungle of Food Regulations,” this workshop will be a guide to understanding the legal statutes and licensing requirements around selling products made for consumption at farmers’ markets and other small scale transactions.

The world of food regulations certainly is a jungle. For example, if you have a great product that people would pay for (or maybe already do) are you being compliant with all of the state and federal guidelines, mandates, and laws? There are at least two entities charged with regulating food sales: the Minnesota Department of Health (MDH) and Minnesota Department of Agriculture (MDA). Additionally, your county or city may also have regulations, and you may have found a dizzying mix of acronyms in your research: USDA, FSMA, GMPs, FDA. It is our hope that this class will help alleviate fears and concerns about creating and selling a value added product. This class will be a way to grasp the concept of these laws and help guide people through them and into a space where they can say with confidence, “Yes, I can sell you this, and here is why.”

This workshop will answer the questions you were afraid to ask about the Cottage Food Laws, which licensing department you might fall under, if you need to be inspected and by whom, and whether or not you are following the letter of the law when and how you sell your product.

So, who would benefit from a workshop like this? Anyone with a passion for local farms and local food and/or someone who sees potential for local food systems where they live but is confused or intimidated by food regulations. Reach out to the people in your circles who fit this description, or know someone who does. Once again the workshop is scheduled for May 10th from 11 a.m. to approximately 4 p.m. on the Hunt Utilities Group Resilient Living Campus in Pine River. Day-of registration begins at 10 a.m. Questions, RSVPs, and lunch reservations welcome in advance, please contact [cglassmann@hugllc.com](mailto:cglassmann@hugllc.com) or 218-820-6305.

Thanks for your time and consideration,

Chris Glassmann



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