WTNS Radio OSU Extension Update for February 12, 2024
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about starting a food business, and as always look at some upcoming programs from OSU Extension.

In my previous career I worked in research and development for a food company. I was part of several different teams of product developers during my years at Abbott Nutrition. We were regular Clark W. Griswold's, working on all kinds of products. (Though I never personally worked on a non-nutritive cereal varnish.) We had one goal in mind- launch a successful product that would meet customer needs.

Now my former world and current world have collided. I am in the midst of launching a new product. But this time is not a food. It is an educational product about launching a food business. It has been a labor of love for the past year with five other dedicated OSU Extension professionals. Food Business Central is an online, self-paced course that equips food entrepreneurs with knowledge and strategies to launch a successful farm-raised or home-based food business in Ohio.

It is designed for anyone wanting to start a business making and selling packaged food products. Whether you're a farmer looking for value-added opportunities for crops you've grown or livestock you've raised, a baker ready to sell your home-baked goods, or an entrepreneur aiming to use local agricultural products to make value-added foods, this course will help guide you.

Navigating food regulations, establishing a new business, and applying best practices for food safety can be challenges for food entrepreneurs. This course is designed to serve as a centralized hub to connect you to information and resources regarding all types of food products you might want to make and sell.

Throughout the course, participants will build their "My Food Business Action Plan." This contains key questions with considerations to explore and actions to take on their journey to start a food business. This action plan gives food entrepreneurs answers they need to complete a business plan with help from their local Small Business Development Center. Upon finishing the

course, participants will receive a certificate of completion. The cost of the course is $25, and registration is at go.osu.edu/foodbusinesscentral .

This new online course is the result of a grant that we received through North Central Extension Risk Management Education. They fund projects to help farmers and ranchers to effectively manage risk in their operations. This is funded by the United States Department of Agriculture through the National Institute of Food and Agriculture. The total grant was $37,000 and about 40% of that has come directly to Coshocton County OSU Extension for my time developing and directing the efforts on this course.

If you would like to learn more about selling cottage foods at the Coshocton Farmers Market or from another location like your farm, join me for an upcoming local in-person workshop. The Selling Cottage Foods workshop will be Thursday, March 14 at 6:30 PM in Room 145 of the County Services Building, 724 S. 7th Street in Coshocton. Please call OSU Extension at 740-622-2265 to register for these free classes.

And now let's see what else is new from OSU Extension: Registration is now available for the next series of Dining with Diabetes. This program is a partnership of OSU Extension and Coshocton Regional Medical Center. Dining with Diabetes is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers. The program is a series of four classes. Each class features a small meal, cooking demonstration, and a lesson on an important topic to better manage diabetes.

Dining with Diabetes will be held on Wednesday evenings in April from 5:30-7:30 pm. The cost of the program is $20 per person and includes all four classes, educational handouts, and small sized meals that feature a variety of recipes. You are also encouraged to register a support person to attend with you for an additional $10.

I will co-teach the classes with Leslie Mayle, registered dietitian at Coshocton Regional Medical Center. Those with diabetes or pre-diabetes and their family members or caretakers are encouraged to attend. Paid registration is required by March 25 by visiting coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and empower our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!