**WTNS Radio OSU Extension Update for September 15, 2025**
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about selling food from your home or farm, and as always look at some upcoming programs from OSU Extension.

Have you been told that your baked goods or jams are so good you should sell them? Or maybe you've contemplated selling freezer beef or eggs directly from your farm or at your local farmers market? If you have ever considered making and selling food, or selling farm products direct to consumers, here are some answers to a few frequently asked questions we receive at OSU Extension.

**Can I make food in my home to sell?** Ohio law allows Cottage Foods to be made in a person's home without an inspection or license to sell. There is a specific, limited list of foods that can be made including baked goods, jams, dried mixes, and more. Baked goods that require refrigeration, such as cheesecakes or egg noodles, require a home bakery license from the Ohio Department of Agriculture (ODA).

**Can I sell salsa, sauces, or pickles that I make in my home?** Since these foods require the correct acidity and heat processing to make them safe as a canned product, they cannot be made in the home and sold. They can be made in an approved, inspected facility (like a shared use establishment) where a process authority reviews the ingredients and processing for food safety.

**Do I need a license to sell eggs?** Ohioans can sell eggs from the farm without an inspection or license as long as they maintain 500 or fewer birds. If you want to sell eggs off the farm at a farmers market, restaurant, or retail store, then an inspection is required. Selling to consumers off farm also requires a low risk Mobile Retail Food Establishment (MRFE) license from your local Public Health District.

**Do I need a license to sell freezer meat?** There are a couple of approaches to selling freezer beef, pork, lamb, and goat that you raise. If you want to sell whole, halves, or quarters, then you can work with either a custom processor or fully inspected processor. Customers can pick up meat directly from the processor, or the farmer can deliver directly from the processor to the customer. In this case there is no license required for the farmer.

If you desire to store frozen individual cuts to sell out of a freezer from your property or off farm at a farmers market, then you are required to have an inspection from ODA to obtain a warehouse registration. You will also need to obtain a low risk Mobile Retail Food Establishment (MRFE) license from your local Public Health District to sell the meat cuts.

OSU Extension has several resources to help you in your food business journey. You can view free recordings of the "Starting a Food Business" webinar series from our Food Business Team. We also offer the "Food Business Central" online course to equip food entrepreneurs with knowledge and strategies to launch a successful farm-raised or home-based food business in Ohio. You can learn more at our website, coshocton.osu.edu.

**And now let's see what else is new from OSU Extension.**

OSU Extension is offering "Take Charge of Your Diabetes During the Holidays" to help people with diabetes or pre-diabetes and their supporters. During the program you will learn how to prepare favorite holiday foods that are both nutritious and delicious. I will teach this class along with Leslie Mayle, Registered Dietitian at Coshocton Regional Medical Center.

Take Charge of Your Diabetes During the Holidays will be held on Wednesday, November 5 from 5:30-7:30 PM at Coshocton Regional Medical Center. There is no cost for the program, but registration is required and is limited to 30 participants. Register online at coshocton.osu.edu or call OSU Extension for more details at 740-622-2265.

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