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Online Self-Paced Courses with a Cost

Business Planning and Management Skills

Agricultural Supervisory Leadership Certificate

The Agricultural Supervisory Leadership program from Cornell helps farm supervisors and managers learn and apply human resource management practices and leadership skills that foster rewarding workplaces and drive business results. This program consists of 6 courses that are appropriate for both new and experienced farm supervisors and managers, and those preparing to become supervisors: Transitioning to Supervisor, Organizing Work for High Quality Results, Managing Performance, Ethics and Employment Regulations for Supervisors, Employee Development and Training, and Staffing and Organizing Your Team. Courses can be taken in any order and run 5-6 weeks. Those who complete all 6 courses and achieve 70% or better on all weekly quizzes will receive an Agricultural Supervisory Leadership certificate. **\$275 per course**

Cheesemaking

CONNECT U

CONNECT U is a self-paced online learning platform created, produced, and hosted by Dairy Connection, Inc. that offers free and low-cost recorded presentations on a variety of technical aspects of the production of cheese and other dairy products. CONNECT U aims to serve and support cheesemakers, other dairy production personnel, cheese retailers, and anyone interested in learning more about dairy science. Dairy Connection is offering VCC members a 50% discount off CONNECT U's intermediate and advanced courses. After you register, click the "Details" button from the Cart view; enter the code DCVIP23 in the coupon field and click "Apply Coupon" to receive the discount. New content and topics will be added regularly. **Cost varies for intermediate and advanced courses.**

Dairy Foods Manufacturing Certificate and Continuing Education Series

The purpose of Oregon State University's Online Dairy Foods Manufacturing Certificate is to provide the skills and expertise needed to be in demand and to command a higher salary. This program was specifically designed by working closely with the dairy industry to help you gain the essential framework for career growth and professional development. The knowledge gained from the dairy certificate tracks and modules will help you with the essentials of operations, manufacturing, quality, supply chain, technical and scientific understanding, and regulatory and safety. **\$50-75 per module; \$200-675 per micro certificate; \$600-1,650 per certificate**

Milk Quality

This Milk Quality on-demand course from Cornell and PRO-DAIRY covers basic milk quality, milking parlor and mastitis management principles led by Quality Milk Production Services (QMPS). **\$250**

Vat Pasteurization

This course may be used to fulfill the pasteurization component requirements for the Cornell Dairy Foods Extension Certificate program in all certification tracks but can also be taken as an individual course by people interested in vat pasteurization methods, rules, and regulations. **\$240-290**

Safety

Accredited Hazard Analysis Critical Control Points (HACCP)

This workshop is designed to provide comprehensive instruction on the development of HACCP-based food safety programs for dairy operations. It will provide practical information, forms, and exercises designed to enhance HACCP and other food safety systems. **\$500**

Artisan Dairy Food Safety Plan Coaching

These workshops are intended for artisan cheese and dairy food producers who are preparing to create, or are already developing, a Food Safety Modernization Act (FSMA) compliant, preventive control (PC)-based, food safety plan for their facility. The goal is to provide plan review and coaching sessions that guide attendees through each step in the development process. **\$49**

Dairy Science and Sanitation (English or Spanish)

The Dairy Science and Sanitation Workshop is tailored to dairy processing personnel and is designed to help participants understand the basic principles of dairy science and food safety. **\$650**

Environmental Monitoring in the Dairy Industry

This course is intended to provide users with the knowledge and skills required to develop and implement an Environmental Monitoring Program (EMP) in the food industry. Users will learn alongside virtual dairy processors in a virtual dairy processing facility to simulate on-the-job training. Learners will be able to choose their own learning pathway so they can see the content applied in a relevant manner that utilizes 360-degree virtual reality experiences and scenario-based questions to provide added context to the learning. **\$350**

Food Safety Basics for Artisan Cheesemakers

This course was created to assist artisan and farmstead cheesemakers in developing their food safety programs and complying with food safety regulations and standards. It is intended to equip artisan and farmstead cheesemakers with basic knowledge about food safety concepts and to prepare for further training such as developing a preventive controls food safety management plan. **\$49 (ACS members can take it for free)**

FSPCA Food Defense Plan Preparation and Reanalysis

The IA Rule requires covered facilities to prepare, implement, and conduct a reanalysis of a written food defense plan. The regulation further requires that individuals preparing and reanalyzing the plan “have successfully completed training for the specific function at least equivalent to that received under a standardized curriculum recognized as adequate by FDA or be otherwise qualified through job experience to conduct the activities.” This training is the “standardized curriculum” recognized by FDA; successfully completing this course is one way to meet this training requirement. **\$109**

FSPCA IA Conducting Vulnerability Assessments Using Key Activity Types

This course is targeted towards food professionals using FDA’s Key Activity Type (KAT) method to conduct their facility’s vulnerability assessment (VA). By successfully completing this course, the learner will have satisfied the training requirement to conduct a VA using the KAT method. **\$169**

FSPCA IA Identification and Explanation of Mitigation Strategies

The Food Safety Modernization Act (FSMA) Final Rule on Mitigation Strategies to Protect Food Against Intentional Adulteration (21 CFR Part 121) (IA Rule) regulation is intended to protect food from intentional acts of adulteration where there is an intent to cause wide scale public health harm. This training developed by the FSPCA is the “standardized curriculum” recognized by FDA; successfully completing this course is one way to meet this training requirement. **\$179**

FSPCA Preventive Controls Qualified Individuals (PCQI) for Human Food - Part 1

The online portion of the FSPCA Preventive Controls for Human Food blended course is a prerequisite for enrollment into Part 2, the Instructor-Led of the FSPCA Preventive Controls for Human Food. The online portion is completed through IFPTI's Learning Management system and emphasizes key-point concepts from the participant manual. The online portion covers all of the information presented in the first two days of the traditional three-day FSPCA Preventive Controls for Human Food. **\$208**

GMPs for Aspiring Managers

This course is intended for aspiring managers in the food industry looking for education on Good Manufacturing Practices. It covers the essentials of maintaining food safety in food and beverage processing environments, from personnel hygiene to pest control. With a variety of activities and interactive lessons, this course is designed to provide a comprehensive learning experience. You’ll learn how to identify best practices in GMPs and gain an understanding of the foundational concepts in food safety, all while enhancing your skill set to become a true industry expert. **\$275**

GMPs for Warehousing and Distribution

This Good Manufacturing Practices course fulfills the qualified individual (QI) requirement for those working in food and beverage warehousing and distribution centers. In 2 hours or less, participants will learn through interactive modules and quiz questions and be awarded a certificate of completion. **\$75**

[Good Manufacturing Practices in Food Safety](#)

This course examines the elements of a food safety management system that maintain food safety and quality in food processing environments. It is based on the FDA's Good Manufacturing Practices regulations (21 CFR Part 117 Subpart B) and international standards for food safety pre-requisite programs in food manufacturing (ISO Technical Specification 22002-1). It gives students an understanding of the foundational concepts in food safety. **\$175**

[Intro to Microbiological Food Safety Hazards](#)

Introduction to Microbiological Food Safety Hazards is a web-based topics-oriented course addressing fundamental microbiology concepts and food safety. The course is designed to provide you with the background necessary to understand how pathogens cause disease, how foodborne illness is transmitted and how it can be controlled. This module also provides up-to-date information in current "hot topics" in food microbiology, including food safety regulations and emerging food safety issues. **\$175**

[Introduction to Food Safety Principles](#)

This 4-hour introductory course on Food Safety Principles (in English or Spanish) is tailored to processing personnel and designed to help participants understand the basic principles of food safety in a processing plant. The benefit of using this course is to quickly train frontline employees in the importance of Food Safety. **Cost via subscription**

[Norovirus and Food Safety](#)

This course teaches you how to prevent and control the transmission of norovirus in food handling settings. You will learn about the epidemiology of foodborne norovirus infections and the prevalence of norovirus in various foods and environments throughout the supply chain, different approaches for detecting norovirus in these settings, and prevention/inactivation methods for controlling norovirus contamination events. **\$125**

[Online HACCP Training](#)

This course is a general Hazard Analysis and Critical Control Points (HACCP) training for individuals working in the food industry who want to earn a HACCP certification. It teaches participants how to implement and manage the HACCP system designed by the FDA as a safety management system for controlling food hazards. **\$275**

[Preventive Controls for Dairy Processors](#)

The purpose of this online course is to assist artisan and farmstead dairy processors in developing their food safety plans and equip them with the basic knowledge for developing a Preventive Controls Food Safety Plan. The course includes 12 interactive learning modules, quizzes, assignments, and discussion forums that will practice applying the concepts. Students will also get one-on-one support writing their Preventive Controls Food Safety Plan, so they can feel confident their plan is correct. **\$475**

Free Videos, Webinars, Podcasts, and Online Self-Paced Courses

Business Planning and Management Skills

Family Communications in Farm Succession Planning

This webinar focuses on the importance of good communications and strategies for success when discussing topics with family related to farm succession and estate planning.

Mediation and How It Can Help the Agricultural Community

Free to low-cost agricultural mediation is available in most states through the USDA. This free webinar on the mediation process and how it can help the agricultural community features a panel of three experts (farmer representative, agency representative, and mediator representative). The intended audience is farmers and organizations that work with farmers.

Product Pricing: Choosing a Pricing Method

Product pricing requires that many factors be considered. This video covers five pricing methods that can be used. Pricing methods should be chosen with your business goals in mind.

Promoting Peace of Mind by Addressing Heirs' Property and Implementing Effective Succession Planning Strategies

Owning heirs' property and experiencing the challenges that accompany this means of owning property can have a negative impact on the mental health and well-being of farmers and landowners. These impacts can be especially felt by individuals who make their living from the land. This free webinar will help heirs' property owners understand the challenges they face, identify paths toward clearing title, and learn strategies for preventing the occurrence of heirs' property in the future.

Stepping Boldly into Tough Conversations

Difficult conversations are something that people rarely look forward to. Ignoring a situation and hoping that it will resolve itself rarely works. In this free webinar, learn how to confidently step into a tough conversation and promote open communication. Participants will be able to identify talking points before starting to talk, create a communication safe zone, and establish agreements and accountability.

Tips for Successful Family Meetings

Effective family communication is a cornerstone of farm business stability. Given that farm operations are often a mix of family and business relationships, farm families face additional challenges in practicing effective interpersonal communication. This webinar provides tools that all family members can use to maintain positive family relationships, which in turn support the health of the farm business.

Who's Going to Take Over the Farm Operations?

This session reviews key skills needed to manage the operation and to identify strategies for teaching others to take over – eventually.

Cheesemaking

CONNECT U

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Capacitación en Línea para Trabajadores Lecheros

Este entrenamiento autoguiado en español para trabajadores lecheros está designado para desarrollar en la fuerza laboral las habilidades necesarias en una lechería moderna. Los módulos están centrados en áreas comunes de responsabilidad de los trabajadores lecheros. Este programa es gratuito.

Dairy Technology Tuesdays

In winter of 2023, Cornell hosted weekly webinars on the subject of dairy technology. Recordings of these and dozens of other dairy-related webinars are available at the link above.

Experimental Design for Cheesemakers & Building Knowledge Without Risking the Farm

Presentation by Dr. Benjamin Wolfe (Tufts), Rob Howard (Holden Farm Dairy), and Bronwen Percival (Neal’s Yard Dairy).

Getting Started with Labeling Dairy Foods: Special Topics - Allergens and Others

Learn how to label dairy foods that contain allergens or special flavors.

Getting Started with Labeling Dairy Foods: The Basics of Dairy Food Labeling

Learn the basics of labeling dairy foods.

Getting Started with Labeling Dairy Foods: Using Labels in Marketing Dairy Foods to Consumers

Learn how to create an appealing label for your dairy foods.

Great Pastures Make Great Comté

In this video, two local Jura Mountain milk farmers and a Comté cheesemaker talk about the role of the land in the production of Comté. The video explores farmers as gardeners of the environment, how spring provides fodder for the whole year, the difference between the first and second crops of hay, pasture management and environmental protection, and the influence of the seasons on milk and Comté.

PRO-DAIRY Podcasts

PRO-DAIRY, Cornell Cooperative Extension Dairy Educators, and industry partners host several podcasts to inspire and inform on key aspects of dairy farm production, including *Cornell Cow Convos*, *Troubleshooting Herd Health Issues on Your Dairy*, and *Dialing Into Your Best Dairy*.

What's the Crunch? Crystals in Cheese

Sometimes mistaken for mold, crystals are a common attribute shared by many cheeses. The type of crystals and how they are formed are a direct result of the cheesemaking process and underlying chemistry. A thorough understanding of crystals is the first step to cheese chemistry nirvana!

Safety

Cleaning and Sanitizing for the Small Dairy Processor

This video reviews cleaning and sanitizing for the small dairy processor, including two basic modes of cleaning (manual and Clean-In-Place) and requirements for proper cleaning.

Cleaning Small-Scale Dairy Plants: Cleaning Drains

Learn about the supplies and procedures used for cleaning drains in small-scale dairy processing plants.

Cleaning Small-Scale Dairy Plants: Cleaning Equipment

Learn about the supplies, best practices, and procedures for manually cleaning equipment in small-scale dairy processing plants.

Cleaning Small-Scale Dairy Plants: Cleaning the Facility

Join us on a walk-through of a dairy processing plant to identify areas that are prone to sanitation problems to help you implement effective sanitation programs.

Cleaning Small-Scale Dairy Plants: Dressing for the Job

Wearing the right clothes and personal protective equipment (PPE) is important for worker safety when cleaning dairy plants with hazardous chemicals.

Food Safety Practices of Small-Scale Dairy Processors in the British Isles

During the Food Safety Practices of Small-Scale Dairy Processors webinar, hear from Associate Research Professor Kerry Kaylegian about her sabbatical research observations in Ireland and England. Learn about where Dr. Kaylegian traveled, her research observations, and her thoughts on how practices in the British Isles affect and compare with dairy foods and processing in the United States. Hear Kerry's inspirations for improving food safety training for dairy processors domestically and globally.

[FSMA Record Keeping](#)

Presentation slides from the "Food Safety Record Keeping for the Dairy Industry Under the Food Safety Modernization Act" webinar.

[FSPCA Food Defense Awareness for the IA Rule](#) – online self-paced course

This course is intended as a training tool to assist companies in complying with the FDA's IA Rule; however, taking this training does not ensure compliance with the law or FDA's regulation.

[FSPCA Overview of the Intentional Adulteration Rule \(IA Rule\)](#) – online self-paced course

This training will provide stakeholders with more information about the IA Rule, whose purpose is to protect food from intentional acts of adulteration where there is an intent to cause wide-scale public health harm. The rule establishes various food defense measures that an owner, operator, or agent in charge of a facility is required to implement to protect against the intentional adulteration of food.

[FSPCA Technical Assistance Network Food Safety Expert Introduction](#)

This webinar introduces the Technical Assistance Network.

[Introduction to Food Safety Culture](#)

One-hour webinar on Food Safety Culture hosted by the Innovation Center for US Dairy; presented by Lone Jespersen of Cultivate.

[Monitoring Milk Quality on the Farm](#)

Excellent milk quality means milk that is free from bacterial contamination and antibiotics. Joe Klopfenstein, DVM DABVP discusses strategies to improve milk quality, cheese quality, and animal health and welfare. While in dairy practice in Vermont for over 25 years, Joe worked with many innovative cheese producers on improving and monitoring their milk quality, developing strategies that translate to the farm or the vet practice. This includes monitoring for somatic cell count, bacteria count, Staph counts and Staph aureus surveillance, mastitis culture and treatment selection, strategies that apply to both cattle and goats.

[Rapid Microbial Testing](#)

An overview of rapid methods in food pathogen testing, including the biology chemistry of detection.

[Whole Genome Sequencing, Part 1](#)

Genomics and Whole Genome Sequence Tools and Their Impactions for the Dairy Industry

[Whole Genome Sequencing Part 2](#)

Whole Genome Sequencing, Part 2 and the NCBI Pathogen Detection Database

Social Media

Food Business Innovation: Using Social Media

This video introduces viewers to the practice of using social media networks as a tool for conducting market research.

Social Media for Ag Business: How Can You Use This Tool?

This video provides an overview of ways you can use social media for your farm business.

Wellness

Addressing Military Needs in Agriculture

Recently much attention has highlighted veterans' participation in farming. With this new attention, it is important to understand the unique characteristics and needs of those veterans. Through this free webinar, viewers will be able to outline the unique challenges that veterans face when returning from service to build a career in agriculture and learn about resources that are available to veterans that provide support for their unique challenges.

Aging and Parkinson's Disease in Agriculture

Parkinson's disease impacts over one million people living in the United States. People living in rural areas may not have access to specialists and getting diagnosis may be difficult. Viewers of this free webinar will learn about rural-specific resources, safety screening for aspects of agricultural work, tips to maximize farmer functioning, and communication strategies with farm families.

Farm Stress Management and Resiliency

Farm and farm families experience a variety of stressors that lead to disruptions on the farm. Building resilience is necessary to reduce the impact of stressors and to strengthen the farm and farm families. This session will share strategies that promote resilience and identify signs of stress on the farm.

Farm Youth Mental Health: What We Know and How to Help

Caring for both the physical and emotional health of our next generation is crucial. From adapting to changes to feeling overwhelmed, children (like adults) also experience stress and anxiety; however, they may be unsure of what they are feeling and how to respond. This free webinar takes a closer look at the status of farm youth mental health, recognizes causes of stress among youth living in farming and rural communities, and highlights the resources available to assist families.

From "But" to "Because"

Mental and Behavioral Health Specialist Alexander E. Chan, Ph.D. introduces simple but concrete listening and conversation tools to keep family strain from spilling into your work life.

[Hand Health](#)

What better tool do we have than our hands? This 7-minute Hand Health presentation covers hand health, common injuries, and methods to protect and maintain your hands for long-term use.

[Learning When to Put the Work Away: Finding Balance for Veteran Farmers](#)

Often it is better to hear from someone experiencing the same things, rather than someone telling you they understand what you're going through. Listen in as Shay Foulk discusses the real challenges and opportunities he has faced as a returning farmer veteran, and how he is learning and living ways to try to shut down. Honest, open, and frank, Shay will discuss topics that may seem uncomfortable to talk about with others in the industry, because they don't quite understand what that transition is like in today's environment. If you're a farmer veteran in agriculture, be sure to tune in to this free webinar.

[Making Mental Health a Priority within CT Agriculture](#)

An open discussion of mental health within agriculture with a Master Trainer in Suicide Prevention, Postvention, and Grief Support and a mixed panel of agriculture service providers, farmers, and mental health professionals.

[Managing Stress on the Farm](#)

Farm stress can lead to depression and the farm can suffer. Strategies for stress include breath, reaching out to friends, and reconnecting with what you care about. Resources are included at the end of the video.

[Sleepless in America](#)

Sleep affects every moment of our daily lives, from how we think and remember to how our bodies thrive or deteriorate. It determines how we deal with stress, make choices related to safety, and function as human beings. Sleep is arguably the single most important factor in maintaining a healthy lifestyle, and lack of it causes a significantly reduced quality of life. This free webinar proposes that we prioritize sleep and improve daily sleep hygiene to enhance every facet of our well-being.

[Stress and Children](#)

Learn about how children deal with stress and how families can help kids cope with Amy Rhodes, senior agent in 4-H Youth Development.

[Stress and Dairy Farming: Challenging Times in the Dairy Industry Pave the Way for Mental Health Struggles](#)

The dairy industry has struggled with milk price issues, infrastructure problems, trade issues, isolation, and a pandemic in recent years. With these problems come intense farm stress, despair, and desperation for many. Understanding how the system works – or doesn't – is important because dairy producers work 24/7/365 to provide our families a safe and nutritious food. This free webinar explains how milk gets to the store, including the supply chains associated with the producer, processor, retailer, and consumer. It also identifies current and past market and industry stressors for dairy producers and describes the impact of stressors on a dairy producer's livelihood and mental health.

[Take Charge of Your Stress](#)

Stress is an inevitable part of our existence; the best way to manage it is learning how to navigate stress-inducing situations. Join Dhruvi Patel (Extension Educator, Family and Consumer Science) to learn more about how stress works within our body, ways you can take charge of the daily stresses to avoid burnout and improve wellbeing, and practical evidence-based techniques you can start using right away to manage stress.

[Talking Total Farmer Health Podcast: Episode on Mental Health](#)

This episode of the Talking Total Farmer Health podcast from AgriSafe discusses mental health for agricultural workers, with a focus on stress and wellness.

[Talking Total Farmer Health Podcast: Episode on Mental Health Resources for Farmers](#)

This episode of the Talking Total Farmer Health podcast from AgriSafe discusses resources that are available for farmers (and producers) that can directly help with mental health, as well as other stressors such as finances, floods, or disasters.

[Yoga for Farmers](#)

Farmers encounter pain due to the nature of the work and environment. This webinar presents exercises, stretches and yoga techniques to provide relief for stresses and strains due to farming. (For the poster of exercises reviewed in this presentation, see the "Yoga Stretches for Farmers" document link under "Useful Documents.")

Wholesale Marketing

[Getting Started with Labeling Dairy Foods: Using Labels in Marketing Dairy Foods to Consumers](#)

Learn how to create an appealing label for your dairy foods.

[Marketing Value-Added Dairy Foods to Grocery Stores](#)

Small dairy food processors may decide that they need or want to expand beyond direct marketing to sell their products. At the same time, consumers continue to seek locally produced products at grocery stores. This presentation shares the perspectives of both a small dairy processor and a retail market owner on marketing local dairy products through grocery stores.

Videos and Webinars that are Free for American Cheese Society Members

Cheesemaking

[2022 ACS CCP Exam Informational & Educational Series](#)

Members of the Certification Committee walk through parts of the Body of Knowledge and bring questions related to each topic that CCP Exam takers might have as they prepare for the exam.

[ACS Presents: The Code Red Series](#)

Climate change affects us all. The Code Red Series features conversations between industry experts in the dairy and agricultural industries through the lens of sustainability and climate change. Each subject matter expert engages in conversation with our host and co-host and share insights based on their research and practical expertise. Together we will better understand food supply and sustainability around this food we all love – cheese!

[Best Practices for Managing Brine Systems](#)

Brine systems are used to manufacture a variety of cheese types and forms and have many sizes and configurations. Join artisan dairy food safety educators to learn best practices to ensure the safety of brining systems (focused on static brining systems typically used by the very small operators) and tips for configuration and management to ensure high quality, consistent, and safe cheese for your customers. Participants had a chance for a short Q&A, and we then recorded an extended Q&A as the second video from audience and survey questions.

[How to...Cutting, Wrapping, & More Webinar Series](#)

Steve Jones, Izzy Creveling, and Emi Lee all show how to use the most common tools found behind the counter, how to cut and prep yourself for a big production run of cutting, and how to wrap cheese with both plastic wrap and paper.

[Judging & Competition - How to Pack Entry Boxes](#)

A short video to help all Judging and Competition entry groups pack their boxes for the 2022 American Cheese Society competition.

Safety

[How to Build a Culture of Food Safety from the Ground Up](#)

This session will be the start of a lifelong conversation within yourself about how you chose to lead. What does all this have to do with food safety planning? Everything. Food safety compliance is leadership. Often, when a conversation about compliance starts up many think that only lawyers are involved. Nothing could be further from the truth. The work of compliance is the work of anyone who implements rules and laws in their everyday work. Compliance takes leadership and is the everyday work you do in your food company.

Social Media

[Cheesie: Foodie Influencers with Solve](#)

This a guest webinar with Solve, an independent Minneapolis-based branding and advertising agency, on food influencers, partnership content, and how you can both approach influencers to create branded content and how to fold that into our overall marketing plan. This is an introduction to the world of micro influencers, food influencers, and how you can find them online to connect and partner together to create content for your business and brand along with how to approach marketing beyond recipe sharing.

Wholesale Marketing

[Getting Your Cheese to Retailers](#)

Advice on how to get your cheese onto retailer shelves.

[Marketing to Mongers: A Primer for Cheesemakers](#)

Cheesemongers play an essential role in helping your brand and product stand out in the cheese case. In this webinar, learn strategies from two veteran mongers on how to maximize your sales by marketing to your stand-in on the sales floor – the cheesemonger.

Useful Documents and Sites

Business Planning and Management Skills

[Farm Aid Resource Guide for Legal Issues in Farming](#)

Since Farm Aid's inception in 1985, it has made a priority of farmers understanding their legal rights and access to legal services. This site contains resources that provide both services and information for a wide variety of agricultural legal issues.

[Farmers' Legal Action Group](#)

Farmers' Legal Action Group is a nonprofit law center dedicated to providing legal services and support to family farmers and their communities in order to help keep family farmers on the land. This site contains information on topics ranging from disaster assistance to estate planning and everything in between.

[Farm Succession and Estate Planning](#)

Farm Succession Planning is a business and risk management practice that is critical to the agricultural industry and to the health of families and farm businesses. This University of Delaware Agribusiness site contains PowerPoint presentations to assist in the process.

[Farm and Financial Management Fact Sheets](#)

This site from the University of Maryland's Department of Agricultural and Resource Economics contains links to fact sheets on a variety of farm financial management issues, including *Diagnosing Your Farm Financial Health*, *Marketing: Critical to Effective Farm Management*, and *Leadership and Management of a Farm Business*.

[The Local and Regional Food Systems Resilience Playbook](#)

The LRFS Resilience Playbook is a collaborative effort between university-based researchers, LRFS leaders, and U.S. Department of Agriculture (USDA) local and regional food systems experts. The Playbook is designed to support food systems leaders seeking to broaden and deepen their understanding of the distinct strengths and vulnerabilities of LRFS in times of disruption. It is meant to be part primer, part inspirational guide that aims to provide sufficient examples and context to help readers consider and envision what resilience looks like in their own food systems following a disaster.

[USDA National Organic Program Training](#)

USDA's National Organic Program provides a wide range of free training and outreach materials for organic farms and businesses. This site provides links to the NOP Organic Integrity Learning Center and a list of course offerings from the Center, including such topics as *Organic Dairy Compliance* and *Organic Regulations and Retail Labeling*.

Cheesemaking

[Penn State Extension Cheese Tracking System](#)

The Penn State Extension Cheese Tracking System is designed to help cheesemakers track the quality and consistency of their cheese. By defining and monitoring measurable parameters, cheesemakers can understand how variation in raw materials and processes can impact the sensory characteristics and quality of their cheese. This information can help cheesemakers adjust their practices to consistently make better cheese and to troubleshoot problems.

Safety

[Farmer's Markets - Guidelines for Providing Safe Food Samples](#)

Guidelines for providing food samples at farmer's markets from the Michigan Department of Agriculture.

[Food Safety Plan Worksheets](#)

Sample food safety plan worksheets, which are recommended to document product descriptions, hazard analyses, and preventive controls.

[Model Food Safety Plan for Pepper Jack Cheese](#)

Teaching example containing selected sections of a food safety plan for pepper jack cheese from a fictitious company.

[Penn State Extension Food Safety Plans for Small-Scale Cheesemakers](#)

These documents are specifically designed for small-scale cheesemakers with a focus on those making raw-milk cheese, to assist them in conducting hazard analyses of their processes to ensure they are producing the safest product possible and to meet the requirements of the Food Safety Modernization Act (FSMA).

[Plant Food Safety System Team Form](#)

Template for a plant food safety system team form.

[Sanitation and Food Safety for Cheesemakers](#)

This sanitation and food safety training for small-scale cheese-producing establishments was developed by Penn State's Department of Food Science to provide an educational tool for the training of cheesemakers. The training is designed to provide workers in dairy farms with the knowledge, skills, and a comprehensive explanation of the food safety rules that they need to follow; it can be used to train a group of employees or as a self-study training.

[Supply Chain Program Template](#)

Template for a supply chain program form.

Wellness

[Down on the Farm: Supporting Farmers in Stressful Times](#)

This site contains a training kit (PowerPoint slides and facilitator's guide) for a 3-hour workshop that teaches people who live and work in agricultural communities how to recognize and respond when they suspect a farmer or farm family member might need help. The workshop, which was developed by the Minnesota Department of Agriculture and Central Lakes College, can be offered in-person or online.

[Farm and Ranch Family Stress and Depression: A Checklist and Guide for Making Referrals](#)

This web page reviews signs of farm and ranch stress; signs of chronic, prolonged stress; signs of depression or suicidal intent; and suggestions for referring a person for help.

[Mental Health and the Impact on Wellness for Farm Families](#)

Many of the factors that affect agricultural production are largely beyond the control of the producer. Good health, including mental health, is a key factor that contributes to one's ability to keep farming. This document contains helpful information about symptoms, warning signs, and resources.

[Recursos para Manejar el Estrés y el Agotamiento](#)

Recursos útiles de Cultivemos (anteriormente la Red de Asistencia al Estrés para Agricultores y Ganaderos), incluida información de la línea directa nacional.

[Resources for Managing Stress and Burnout](#)

Helpful resources from Cultivemos (formerly the Farmer & Rancher Stress Assistance Network), including national hotline information.

[Salud Mental y el Impacto en el Bienestar de las Familias de Agricultores](#)

Muchos de los factores que afectan la producción agrícola están más allá del control del productor. La buena salud, incluida la salud mental, es un factor clave que contribuye a la capacidad de seguir cultivando. Este documento contiene información útil sobre síntomas, señales de advertencia y recursos.

[Throttle Back on Stress](#)

This brief article from an Agricultural Safety and Health Specialist at the University of Wisconsin provides important suggestions for reducing stress.

[Tips and Tricks for Better Sleep](#)

This document consists of 30 helpful tips compiled by an educator of Rural Health, Wellness, and Safety at The University of Nebraska.

[Yoga Stretches for Farmers](#)

Relax and recharge with yoga stretches throughout the day to stay healthy.