



BAKED, NON-REFRIGERATED · FOOD 4 OF 42

# Can I sell / muffins?

A 51-jurisdiction guide for cottage food producers, with the sanitation reasoning behind every yes, no, and conditional.

Muffins is one of the most universally allowed cottage foods in the US — permitted in all 51 jurisdictions we cover. This report shows the specific statute, sales cap, and registration rule for each state.

JURISDICTIONS	ALLOWED	CONDITIONAL	NOT ALLOWED
51	51	0	0

This report summarizes cottage food statutes as of publication. State laws change; always confirm with your state agriculture or health department before selling. Not legal advice.

## BAKED, NON-REFRIGERATED

## The verdict, in one page

51

## ALLOWED

Fits under standard cottage food law without extra permits.

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## CONDITIONAL

Allowed with pH log, license, informed-consumer notice, or approved recipe.

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## NOT ALLOWED

Requires a licensed commercial kitchen or is prohibited outright.

## WHY THE FOOD SAFETY RULES MATTER

## WHY IT'S ALLOWED (OR RESTRICTED)

Baked goods reach  $\geq 190^{\circ}\text{F}$  internal temperature during baking, which destroys vegetative pathogens (Salmonella, E. coli, Listeria). Once cooled, water activity (aw) sits below 0.85 for cookies/breads, which prevents bacterial growth without refrigeration. This is the safest food class for a home kitchen because there's no cold-chain risk and no acidification step to get wrong.

## SANITATION RISKS TO KNOW

Cross-contamination from raw eggs used in dough (wash hands, use pasteurized eggs for anything not fully cooked), and allergen labeling (wheat, egg, milk, tree nut, soy).

## WHERE YOU CAN SELL — ALL 51 JURISDICTIONS

STATE	VERDICT	RULE TIER & CAP	NOTES
Alaska	YES	Cap: None; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (AS 17.20.332)
Alabama	YES	Cap: None; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (Ala. Code §22-20-5.1)
Arkansas	YES	Cap: None	Baked, non-refrigerated goods are the core of every state cottage food law. (A.C.A. §20-57-201 (Act 1040 of 2021))
Arizona	YES	Cap: None; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (A.R.S. §36-931 / §36-932)
California	YES	Cap: Tiered (see notes); Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (Cal. Health & Safety Code §113758)
Colorado	YES	Cap: Tiered (see notes); Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (C.R.S. §25-4-1614)
Connecticut	YES		

STATE	VERDICT	RULE TIER & CAP	NOTES
		Cap: 50000; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (Conn. Gen. Stat. §21a-62a)
District of Columbia	YES	Cap: None; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (D.C. Code §7-742.02)
Delaware	YES	Cap: None; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (16 Del. Admin. Code 4458A)
Florida	YES	Cap: 250000	Baked, non-refrigerated goods are the core of every state cottage food law. (Fla. Stat. §500.80)
Georgia	YES	Cap: None	Baked, non-refrigerated goods are the core of every state cottage food law. (O.C.G.A. §26-2-470 et seq. (eff. July 2025); prior: GA R&R 40-7-19)
Hawaii	YES	Cap: None	Baked, non-refrigerated goods are the core of every state cottage food law. (HAR §11-50-3)
Iowa	YES	Cap: None	Baked, non-refrigerated goods are the core of every state cottage food law. (Iowa Code §137F.1 / §137F.20)
Idaho	YES	Cap: None	Baked, non-refrigerated goods are the core of every state cottage food law. (IDAPA 16.02.19 (Idaho Food Code, cottage food provisions))
Illinois	YES	Cap: None; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (410 ILCS 625/4 (Food Handling Regulation Enforcement Act, §4))
Indiana	YES	Cap: None	Baked, non-refrigerated goods are the core of every state cottage food law. (Ind. Code §16-42-5.2)
Kansas	YES	Cap: None	Baked, non-refrigerated goods are the core of every state cottage food law. (K.S.A. §65-657)
Kentucky	YES	Cap: 60000; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (KRS §217.137)
Louisiana	YES	Cap: 30000	Baked, non-refrigerated goods are the core of every state cottage food law. (La. R.S. §40:4.13)
Massachusetts	YES	Cap: None; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (105 CMR 590.009(D))
Maryland	YES	Cap: 50000; Registration: Depends	Baked, non-refrigerated goods are the core of every state cottage food law. (MD COMAR 10.15.03.27)
Maine	YES	Cap: None; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (7 M.R.S.A. §282 (Food Sovereignty Act))
Michigan	YES	Cap: 50000	Baked, non-refrigerated goods are the core of every state cottage food law. (MCL §289.4102)
Minnesota	YES	Cap: 78000; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (Minn. Stat. §28A.152)

STATE	VERDICT	RULE TIER & CAP	NOTES
Missouri	YES	Cap: None	Baked, non-refrigerated goods are the core of every state cottage food law. (Mo. Rev. Stat. §196.298)
Mississippi	YES	Cap: 35000	Baked, non-refrigerated goods are the core of every state cottage food law. (Miss. Code Ann. §75-29-951)
Montana	YES	Cap: None; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (Mont. Code §50-50-116 and §50-50-117 (cottage food); Mont. Code §§50-49-201 et seq. (Local Food Choice Act))
North Carolina	YES	Cap: None; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (02 NCAC 9C.0307)
North Dakota	YES	Cap: None	Baked, non-refrigerated goods are the core of every state cottage food law. (N.D. Cent. Code §23-09.5-01 through §23-09.5-02)
Nebraska	YES	Cap: None; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (Neb. Rev. Stat. §81-2,280 (producer of food at private home); §81-2,239 et seq. (Nebraska Pure Food Act))
New Hampshire	YES	Cap: Tiered; Registration: Depends	Baked, non-refrigerated goods are the core of every state cottage food law. (RSA §143-A:12)
New Jersey	YES	Cap: 50000; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (N.J.A.C. 8:24-11 et seq.)
New Mexico	YES	Cap: None	Baked, non-refrigerated goods are the core of every state cottage food law. (NMSA §25-12-3 (Homemade Food Act))
Nevada	YES	Cap: 35000; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (NRS §446.866 (repealed 2025; superseded by AB352/ chapter 420 & 512, Statutes of Nevada 2025))
New York	YES	Cap: None; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (N.Y. Agric. & Mkts. Law §251-z-4; 1 CRR-NY 276.4)
Ohio	YES	Cap: None	Baked, non-refrigerated goods are the core of every state cottage food law. (O.R.C. §3715.023; §3715.025; Ohio Admin. Code Ch. 901:3-20)
Oklahoma	YES	Cap: 75000	Baked, non-refrigerated goods are the core of every state cottage food law. (2 O.S. §5-4.1 through §5-4.6 (Homemade Food Freedom Act))
Oregon	YES	Cap: 50000; Registration: Depends	Baked, non-refrigerated goods are the core of every state cottage food law. (ORS §616.723)
Pennsylvania	YES	Cap: None; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (3 Pa.C.S. §§5721-5737)
Rhode Island	YES	Cap: 50000; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (R.I. Gen. Laws §21-27-6.2)
South Carolina	YES	Cap: None	

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			Baked, non-refrigerated goods are the core of every state cottage food law. (S.C. Code §44-1-145)
South Dakota	YES	Cap: None	Baked, non-refrigerated goods are the core of every state cottage food law. (SDCL §34-18-35)
Tennessee	YES	Cap: None	Baked, non-refrigerated goods are the core of every state cottage food law. (Tenn. Code §53-1-125 (Food Freedom Act))
Texas	YES	Cap: 150000	Baked, non-refrigerated goods are the core of every state cottage food law. (Tex. Health & Safety §437.001 et seq.)
Utah	YES	Cap: None; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (Utah Code §4-5-501)
Virginia	YES	Cap: Tiered	Baked, non-refrigerated goods are the core of every state cottage food law. (Va. Code §3.2-5130)
Vermont	YES	Cap: 30000; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (18 V.S.A. §4351; Act 42 (2025) cottage food operator exemption)
Washington	YES	Cap: None; Registration: Yes	Baked, non-refrigerated goods are the core of every state cottage food law. (RCW §69.22.010-.040)
Wisconsin	YES	Cap: Tiered	Baked, non-refrigerated goods are the core of every state cottage food law. (Wis. Stat. §97.29)
West Virginia	YES	Cap: None; Registration: Depends	Baked, non-refrigerated goods are the core of every state cottage food law. (W. Va. Code §19-40-1 through §19-40-6 (Article 40, Cottage Foods, enacted 2026); §19-35-6 (Nonpotentially hazardous foods at farmers markets))
Wyoming	YES	Cap: None	Baked, non-refrigerated goods are the core of every state cottage food law. (Wyo. Stat. §11-49-101 through §11-49-104 (Wyoming Food Freedom Act))

Full statute citations, effective dates, and links to each state's cottage food agency are in the master **Can I Sell This? Cottage Food Rulebook** — 42 foods × 51 jurisdictions in one document. Read it at [crosodo.com/reports/can-i-sell-rulebook.pdf](https://crosodo.com/reports/can-i-sell-rulebook.pdf).