

COTTAGE FOOD LAW REPORT

Aroostook County

Maine · Houlton · FIPS 23003 · Population 67,237 · Crosodo
Index #1566*

STATE BASELINE

7 M.R.S.A. §282 (Food Sovereignty Act)

STATE TIER

Freedom

ANNUAL SALES CAP (STATE)

—

CONFIDENCE

MEDIUM

LAST VERIFIED

2026-05-05

IMPORTANT — NOT LEGAL ADVICE

This report compiles publicly-available statutes, regulations, and county zoning rules into a research reference. It is **not legal advice** and is provided **without warranty** as to accuracy, completeness, or current applicability.

Cottage food law changes frequently. Counties may amend zoning, health departments may issue new permits, and state legislatures may update statutes after the publication date shown above.

Always verify rules directly with your state department of health/agriculture and your county health and planning offices before relying on them for any business or regulatory decision. Consult a licensed attorney for advice specific to your situation.

How to start — 60-second path

Aroostook County, Maine — permit, pickup, and label steps before the full county rules.

HOME KITCHEN ALLOWED?

Yes

STATE SALES CAP

—

HOME OCCUPATION PERMIT?

Yes

ON-SITE / PORCH PICKUP?

Yes

INSPECTION

Yes

PETS

Not specified in state law

BEFORE YOU SELL FROM THIS ADDRESS

- ☐ **1. Menu** — Confirm each product under Maine cottage food rules (county cannot expand a state ban).
- ☐ **2. Pickup & zoning** — Home occupation and porch pickup cells above; HOA/lease may still block customer traffic.
- ☐ **3. Local tax / license** — Business license or sales tax certificate if your city/parish requires it (common even with no state food permit).
- ☐ **4. Training** — Food handler or state registration before market day.
- ☐ **5. Labels** — Disclaimer, allergens, ingredients, net quantity, producer info.
- ☐ **6. Call if unclear** — County health and planning for your exact address.

LABEL FIELDS TO INCLUDE

- ☐ Product name · producer name · address (or allowed alternative)
- ☐ Ingredients by weight · major allergens · net weight/quantity
- ☐ Maine home-kitchen disclaimer (see live label one-pager)

CONTINUE ONLINE

[Open the live county page →](#)

[Maine label one-pager →](#)

[Local notes & questions →](#)

Planning path only — not legal advice. Rules change. Always verify with state and local offices before selling.

MAINE: AROOSTOOK COUNTY

CROSODO INDEX #1566* · FIPS 23003 · Houlton

Aroostook County

Population 67,237 · State baseline: 7 M.R.S.A. §282 (Food Sovereignty Act) · **MEDIUM**

QUICK VIEW FOR BAKERS IN THIS COUNTY

HOME KITCHEN ALLOWED?

Yes (Kitchen inspection required for home food processor license. Registration required. Direct-to-consumer and indirect sales allowed. Perishable baked goods prohibited under statewide pathway. Acidified foods (salsas, pickles) require prior USDA/UMaine approval. Low-acid pressure-canned foods may not be sold. Food Sovereignty Act pathway available in participating municipalities with fewer restrictions.)

SEPARATE KITCHEN REQUIRED?

No

PETS ALLOWED?

Not specified in state law

HOME OCCUPATION PERMIT?

Yes (Maine home food processors must register with the Maine Dept of Agriculture, Conservation and Forestry. Municipalities participating in the Food Sovereignty Act may have their own ordinances. Aroostook County (largest county by area in eastern US) is very rural; most towns may or may not participate in Food Sovereignty Act.)

ON-SITE / PORCH PICKUP?

Yes

INSPECTION REQUIRED?

Yes (Initial inspection required for home food processor license; complaint-based follow-up)

Home kitchen rules

HOME KITCHEN ALLOWED	Yes — Kitchen inspection required for home food processor license. Registration required. Direct-to-consumer and indirect sales allowed. Perishable baked goods prohibited under statewide pathway. Acidified foods (salsas, pickles) require prior USDA/UMaine approval. Low-acid pressure-canned foods may not be sold. Food Sovereignty Act pathway available in participating municipalities with fewer restrictions.
SEPARATE DEDICATED KITCHEN	No
PET RESTRICTIONS	Not specified in state law
WATER SUPPLY	Standard residential water supply
HANDWASHING	Good sanitation practices required
FOOD STORAGE	Appropriate storage; no perishable items under home processor pathway

Inspection & permitting

INSPECTION REQUIRED	Yes — Initial inspection required for home food processor license; complaint-based follow-up
HOME OCCUPATION PERMIT	Yes — Maine home food processors must register with the Maine Dept of Agriculture, Conservation and Forestry. Municipalities participating in the Food Sovereignty Act may have their own ordinances. Aroostook County (largest county by area in eastern US) is very rural; most towns may or may not participate in Food Sovereignty Act.
LOCAL BUSINESS LICENSE	Varies

Customer-facing rules

ON-SITE CUSTOMER PICKUP	Yes
ON-SITE SIGNAGE	Conditional
DELIVERY / PICKUP RULES	Direct and indirect sales allowed; no out-of-state sales
MAX EMPLOYEES IN HOME	Not specified

Relevant county code

Not identified at county level

RESEARCH NOTES

Maine Freedom-tier state. Aroostook County is the largest county by area east of the Mississippi River - very rural, agricultural region. Kitchen inspection required for statewide license. Food Sovereignty Act offers municipality-level alternative. No county-specific sources available. Pattern county.

SOURCES VERIFIED AT RESEARCH TIME

<https://www.arostook.me.us>

https://www.maine.gov/dacf/qar/inspection/home_food_processor.shtml

Questions about this county? Local notes and a place to leave a question: crosodo.com/nb/maine/arostook-county-discuss

Bordering counties — cottage food law

Regulation	Aroostook County	Somerset County	Penobscot County
HOME KITCHEN ALLOWED	Yes	Yes	Conditional
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	Not specified in state law	Under statewide license: 'uncontrolled children' prohibited in kitchen during production. Pets not explicitly mentioned in state rules.	Under statewide license: 'uncontrolled children' prohibited in kitchen during production; no specific pet restriction listed but good pract...
INSPECTION REQUIRED	Yes	Yes	Yes
ON-SITE CUSTOMER PICKUP	Yes	Yes	Yes
ON-SITE SIGNAGE	Conditional	Conditional	Conditional
DELIVERY / PICKUP	Direct and indirect sales allowed; no out-of-state sales	Under statewide license: sales at farmers markets require additional Mobile Food Vendor license. Under Food Sovereignty Ordinances: direct ...	Statewide license: sales from home, at farmers markets (with Mobile Food Vendor license), online, direct-to-consumer, and some retail. Food...
HOME OCCUPATION PERMIT	Yes	Conditional	Conditional
LOCAL BUSINESS LICENSE	Varies	Varies	Varies
RESTRICTIONS	Kitchen inspection required for home food processor license. Registration required. Direct-to-consumer and indirect sales allowed. Perishab...	Two pathways: (1) Statewide Home Food Processor License: requires DCF kitchen inspection, most non-TCS shelf-stable foods allowed; acidifi...	Maine has two pathways: (1) Statewide Home Food Processor License — requires license, kitchen inspection by DCF, and well/septic testing i...
FOOD STORAGE	Appropriate storage; no perishable items under home processor pathway	Shelf-stable products under statewide license; broader foods may be permitted under Food Sovereignty Ordinances in participating municipali...	Non-TCS shelf-stable foods for statewide license. Acidified foods need lab approval. Almost anything allowed under food sovereignty ordinan...
POPULATION	67,237	50,656	152,640

State context — Maine cottage food law

Aroostook County's rules sit on top of Maine's state cottage food framework. The state law sets the floor — counties can add but cannot remove protections.

STATUTE	ANNUAL SALES CAP
7 M.R.S.A. §282 (Food Sovereignty Act)	—
REGISTRATION REQUIRED	FOOD HANDLER CERT
Yes	No
KITCHEN INSPECTION	DIRECT SALES ONLY
Yes	No
INDIRECT SALES	
Yes — Under the statewide Home Food Processor License, producers may sell at any venue including restaurants, retail stores, farmers markets, and online, with no sales limit; indirect wholesale and retail channels are allowed once licensed and kitchen-inspected.	

For the full state-level analysis including the verbatim statute text, see the **Maine cottage food law report** on Crosodo, or open the live guide: crosodo.com/states/maine.

STATE-LEVEL REFERENCES

State statute: <https://legislature.maine.gov/statutes/7/title7sec282.html>

State dept cottage food page: https://www.maine.gov/dacf/qar/inspection/home_food_processor.shtml

Forrager.com: <https://forrager.com/law/maine/>

Questions about Aroostook County? Local notes and a place to leave a question are on Crosodo. We monitor new threads — start with zoning, permits, or porch pickup.

crosodo.com/nb/maine/aroostook-county-discuss

Classifieds

Resources for cottage food & home bakers · crosodo.com/advertise

NATIONAL

SUPPLIES

Advertise here — Supplies

Reach home bakers across the country. crosodo.com/advertise

COURSES

Advertise here — Courses

Reach home bakers across the country. crosodo.com/advertise

INSURANCE

Advertise here — Insurance

Reach home bakers across the country. crosodo.com/advertise

LOCAL

Advertise here

Reach home bakers in Aroostook County, Maine. Supply stores, farmers markets, kitchen rentals, and bakery services welcome.

crosodo.com/advertise

Your business here

Local cottage food listings, kitchen rentals, co-packer referrals, and community events — post yours on Crosodo.

crosodo.com/nb/maine/aroostook-county-discuss

Free ad space available

Let us know if you're a non-profit or community organization. Farmers markets, kitchen rentals, and cottage food events near you welcome.

Ads are paid placements. Crosodo does not endorse listed vendors. Verify all information independently. · To advertise: crosodo.com/advertise