

COTTAGE FOOD LAW REPORT

Cumberland County

Maine · Portland · FIPS 23005 · Population 303,357 ·
Crosodo Index #1356*

STATE BASELINE

7 M.R.S.A. §282 (Food Sovereignty Act); in municipalities with local food sovereignty ordinances, broad direct sales allowed without state license; outside those ordinances, standard ME home food processor program applies (registration and kitchen inspection required)

STATE TIER	ANNUAL SALES CAP (STATE)	CONFIDENCE	LAST VERIFIED
Freedom	—	MEDIUM	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

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

HOME KITCHEN ALLOWED?

Yes

STATE SALES CAP

—

HOME OCCUPATION PERMIT?

Varies

ON-SITE / PORCH PICKUP?

Yes

INSPECTION

Yes

PETS

Standard sanitation; no specific state restriction

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: CUMBERLAND COUNTY

CROSODO INDEX #1356* · FIPS 23005 · Portland

Cumberland County

Population 303,357 · State baseline: 7 M.R.S.A. §282 (Food Sovereignty Act); in municipalities with local food sovereignty ordinances, broad direct sales allowed without state license; outside those ordinances, standard ME home food processor program applies (registration and kitchen inspection required) · **MEDIUM**

QUICK VIEW FOR BAKERS IN THIS COUNTY

HOME KITCHEN ALLOWED?

Yes (If municipality has adopted local food sovereignty ordinance: most foods allowed, direct producer-to-consumer sales, no state license needed. Otherwise: registration and kitchen inspection required from ME Dept of Agriculture)

SEPARATE KITCHEN REQUIRED?

No

PETS ALLOWED?

Standard sanitation; no specific state restriction

HOME OCCUPATION PERMIT?

Varies (Varies by municipality within Cumberland County. Portland and other cities may have home occupation zoning permits. Food sovereignty ordinance municipalities may have additional local requirements. Operator should check with local town/city planning)

ON-SITE / PORCH PICKUP?

Yes

INSPECTION REQUIRED?

Yes (Kitchen inspection required before operating under standard ME home food processor program; complaint-based under food sovereignty ordinances)

Home kitchen rules

HOME KITCHEN ALLOWED	Yes — If municipality has adopted local food sovereignty ordinance: most foods allowed, direct producer-to-consumer sales, no state license needed. Otherwise: registration and kitchen inspection required from ME Dept of Agriculture
SEPARATE DEDICATED KITCHEN	No
PET RESTRICTIONS	Standard sanitation; no specific state restriction
WATER SUPPLY	Potable water required
HANDWASHING	Standard handwashing practices
FOOD STORAGE	Appropriate storage per food type

Inspection & permitting

INSPECTION REQUIRED	Yes — Kitchen inspection required before operating under standard ME home food processor program; complaint-based under food sovereignty ordinances
HOME OCCUPATION PERMIT	Varies — Varies by municipality within Cumberland County. Portland and other cities may have home occupation zoning permits. Food sovereignty ordinance municipalities may have additional local requirements. Operator should check with local town/city planning
LOCAL BUSINESS LICENSE	Varies

Customer-facing rules

ON-SITE CUSTOMER PICKUP	Yes
ON-SITE SIGNAGE	Conditional
DELIVERY / PICKUP RULES	Under food sovereignty ordinance: direct producer-to-consumer sales broadly allowed. Under standard program: direct and indirect sales permitted
MAX EMPLOYEES IN HOME	Not specified

Relevant county code

Varies by municipality; food sovereignty ordinances at town/city level

RESEARCH NOTES

Maine's Food Sovereignty Act creates a complex patchwork depending on whether individual municipalities have adopted local ordinances. Cumberland County contains Portland (largest city in ME). No county-wide overlay found.

SOURCES VERIFIED AT RESEARCH TIME

<https://www.cumberlandcounty.org>

<https://www.cumberlandcounty.org>

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/cumberland-county-discuss

Bordering counties — cottage food law

Regulation	Cumberland County	York County	Androscoggin County
HOME KITCHEN ALLOWED	Yes	Yes	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	Standard sanitation; no specific state restriction	Maine statewide Home Food Processor License rules prohibit 'uncontrolled children' in the kitchen during production. Pet restrictions apply...	Under statewide license: 'uncontrolled children' prohibited in kitchen during production; pets prohibited per GMP standards during producti...
INSPECTION REQUIRED	Yes	Yes	Yes
ON-SITE CUSTOMER PICKUP	Yes	Yes	Yes
ON-SITE SIGNAGE	Conditional	Conditional	Conditional
DELIVERY / PICKUP	Under food sovereignty ordinance: direct producer-to-consumer sales broadly allowed. Under standard program: direct and indirect sales perm...	Statewide license pathway: most sales channels permitted; farmers market vendors need additional Mobile Food Vendor license. Food Sovereign...	Maine allows direct sales under statewide license. Farmers market sales also require a Mobile Food Vendor license. Food Sovereignty Ordinan...
HOME OCCUPATION PERMIT	Varies	Conditional	Varies
LOCAL BUSINESS LICENSE	Varies	Varies	Varies
RESTRICTIONS	If municipality has adopted local food sovereignty ordinance: most foods allowed, direct producer-to-consumer sales, no state license needed...	Maine has two pathways: (1) Statewide Home Food Processor License: requires kitchen inspection by Maine DACF, well/septic testing if not on...	Maine has two pathways: (1) Statewide Home Food Processor License (requires kitchen inspection by DACF); (2) Local Food Sovereignty Ordinan...
FOOD STORAGE	Appropriate storage per food type	Non-TCS shelf-stable foods under the statewide license. Acidified foods (salsas, pickles, certain dressings) require prior University of Ma...	Shelf-stable non-TCS products for statewide license. Acidified foods and low-acid pressure-canned foods require prior University of Maine a...
POPULATION	303,357	212,691	111,532

State context — Maine cottage food law

Cumberland 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 Cumberland 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/cumberland-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 Cumberland 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/cumberland-county-discuss

Free ad space available

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