

COTTAGE FOOD LAW REPORT

Knox County

Maine · Rockland · FIPS 23013 · Population 40,981 · Crosodo Index #1303*

STATE BASELINE

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

STATE TIER

Freedom

ANNUAL SALES CAP (STATE)

—

CONFIDENCE

MEDIUM

LAST VERIFIED

2026-05-06

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

Knox 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

Under statewide license: animals typically excluded from production areas during production.

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: KNOX COUNTY

CROSODO INDEX #1303* · FIPS 23013 · Rockland

Knox County

Population 40,981 · State baseline: 7 M.R.S.A. §282 (Food Sovereignty Act) · **MEDIUM**

QUICK VIEW FOR BAKERS IN THIS COUNTY

HOME KITCHEN ALLOWED?

Yes (Two pathways: (1) Statewide Home Food Processor License from ME DACF — requires kitchen inspection, well/septic testing if applicable, most non-TCS shelf-stable foods allowed. (2) Local Food Sovereignty Ordinances — in participating municipalities, nearly any food allowed for direct producer-to-consumer transactions.)

SEPARATE KITCHEN REQUIRED?

No

PETS ALLOWED?

Under statewide license: animals typically excluded from production areas during production.

HOME OCCUPATION PERMIT?

Varies (Knox County municipalities vary; Knox County is confirmed as having food sovereign communities (localfoodrules.org). Individual towns within Knox County administer their own zoning.)

ON-SITE / PORCH PICKUP?

Yes

INSPECTION REQUIRED?

Yes (Kitchen inspection required by ME DACF for statewide Home Food Processor License. Local food sovereignty ordinances may not require inspection.)

Home kitchen rules

HOME KITCHEN ALLOWED	Yes — Two pathways: (1) Statewide Home Food Processor License from ME DACF — requires kitchen inspection, well/septic testing if applicable, most non-TCS shelf-stable foods allowed. (2) Local Food Sovereignty Ordinances — in participating municipalities, nearly any food allowed for direct producer-to-consumer transactions.
SEPARATE DEDICATED KITCHEN	No
PET RESTRICTIONS	Under statewide license: animals typically excluded from production areas during production.
WATER SUPPLY	Potable water required. Private well users must provide water test results for statewide home food processor license.
HANDWASHING	Required per Maine food safety standards.
FOOD STORAGE	Shelf-stable foods required under statewide license. Acidified foods may require University of Maine lab approval.

Inspection & permitting

INSPECTION REQUIRED	Yes — Kitchen inspection required by ME DACF for statewide Home Food Processor License. Local food sovereignty ordinances may not require inspection.
HOME OCCUPATION PERMIT	Varies — Knox County municipalities vary; Knox County is confirmed as having food sovereign communities (localfoodrules.org). Individual towns within Knox County administer their own zoning.
LOCAL BUSINESS LICENSE	Varies

Customer-facing rules

ON-SITE CUSTOMER PICKUP	Yes
ON-SITE SIGNAGE	Conditional
DELIVERY / PICKUP RULES	Under statewide license: direct and indirect sales allowed. Under food sovereignty ordinances: direct producer-to-consumer sales allowed. Sellers at farmers markets need a Mobile Food Vendor license.
MAX EMPLOYEES IN HOME	Not specifically restricted under statewide license framework.

Relevant county code

7 M.R.S.A. §282; ME DACF Home Food Processor License requirements; individual town ordinances.

RESEARCH NOTES

Maine state baseline applied. Knox County confirmed as having food sovereign communities per localfoodrules.org. Rockland is a coastal city with a farmers market. Confidence medium.

SOURCES VERIFIED AT RESEARCH TIME

<https://www.knoxcounty.gov>

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

<https://www.localfoodrules.org/food-sovereignty-by-county/>

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

Bordering counties — cottage food law

Regulation	Knox County	Lincoln County	Waldo County
HOME KITCHEN ALLOWED	Yes	Yes	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	Under statewide license: animals typically excluded from production areas during production.	Under statewide license: animals typically excluded from production areas during production.	Under statewide license: animals typically excluded from production areas during production.
INSPECTION REQUIRED	Yes	Yes	Yes
ON-SITE CUSTOMER PICKUP	Yes	Yes	Yes
ON-SITE SIGNAGE	Conditional	Conditional	Conditional
DELIVERY / PICKUP	Under statewide license: direct and indirect sales allowed. Under food sovereignty ordinances: direct producer-to-consumer sales allowed. S...	Under statewide license: direct and indirect sales allowed. Under food sovereignty ordinances: direct producer-to-consumer sales allowed. S...	Under statewide license: direct and indirect sales allowed. Under food sovereignty ordinances: direct producer-to-consumer sales allowed. S...
HOME OCCUPATION PERMIT	Varies	Varies	Varies
LOCAL BUSINESS LICENSE	Varies	Varies	Varies
RESTRICTIONS	Two pathways: (1) Statewide Home Food Processor License from ME DACF — requires kitchen inspection, well/septic testing if applicable, most...	Two pathways: (1) Statewide Home Food Processor License from ME DACF — requires kitchen inspection, well/septic testing if applicable, most...	Two pathways: (1) Statewide Home Food Processor License from ME DACF — requires kitchen inspection, well/septic testing if applicable, most...
FOOD STORAGE	Shelf-stable foods required under statewide license. Acidified foods may require University of Maine lab approval.	Shelf-stable foods required under statewide license. Acidified foods may require University of Maine lab approval.	Shelf-stable foods required under statewide license. Acidified foods may require University of Maine lab approval.
POPULATION	40,729	35,466	39,772

State context — Maine cottage food law

Knox 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 Knox 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/knox-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 Knox 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/knox-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.

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