

COTTAGE FOOD LAW REPORT

Penobscot County

Maine · Bangor · FIPS 23019 · Population 152,640 · Crosodo
Index #2321*

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

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

HOME KITCHEN ALLOWED?

Conditional

STATE SALES CAP

—

HOME OCCUPATION PERMIT?

Conditional

ON-SITE / PORCH PICKUP?

Yes

INSPECTION

Yes

PETS

Under statewide license: 'uncontrolled children' prohibited in kitchen during production; no specific pet restriction listed but good practices required.

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: PENOBSHOT COUNTY

CROSODO INDEX #2321* · FIPS 23019 · Bangor

Penobscot County

Population 152,640 · State baseline: 7 M.R.S.A. §282 (Food Sovereignty Act) · MEDIUM

QUICK VIEW FOR BAKERS IN THIS COUNTY

HOME KITCHEN ALLOWED?

Conditional (Maine has two pathways: (1) Statewide Home Food Processor License — requires license, kitchen inspection by DACF, and well/septic testing if not on public systems. Most non-TCS shelf-stable foods allowed; some acidified foods need University of Maine lab approval (~\$26-39/product). (2) Local Food Sovereignty Ordinances — if the municipality has adopted an ordinance, direct producer-to-consumer transactions are exempt from state food law (almost any food allowed). Bangor and other Penobscot County municipalities may or may not have adopted food sovereignty ordinances.)

SEPARATE KITCHEN REQUIRED?

No

PETS ALLOWED?

Under statewide license: 'uncontrolled children' prohibited in kitchen during production; no specific pet restriction listed but good practices required.

HOME OCCUPATION PERMIT?

Conditional (Penobscot County municipalities may have home occupation permit requirements. Bangor and other cities each have their own zoning rules. Farmers market vendors also need a Mobile Food Vendor license at the state level.)

ON-SITE / PORCH PICKUP?

Yes

INSPECTION REQUIRED?

Yes (Statewide Home Food Processor License requires kitchen inspection by DACF Division of Quality Assurance and Regulations. Food sovereignty ordinance pathway requires no inspection.)

Home kitchen rules

HOME KITCHEN ALLOWED	Conditional — Maine has two pathways: (1) Statewide Home Food Processor License — requires license, kitchen inspection by DACF, and well/septic testing if not on public systems. Most non-TCS shelf-stable foods allowed; some acidified foods need University of Maine lab approval (~\$26-39/product). (2) Local Food Sovereignty Ordinances — if the municipality has adopted an ordinance, direct producer-to-consumer transactions are exempt from state food law (almost any food allowed). Bangor and other Penobscot County municipalities may or may not have adopted food sovereignty ordinances.
SEPARATE DEDICATED KITCHEN	No
PET RESTRICTIONS	Under statewide license: 'uncontrolled children' prohibited in kitchen during production; no specific pet restriction listed but good practices required.
WATER SUPPLY	Well water testing required for statewide Home Food Processor License if not on public water system.
HANDWASHING	Adequate handwashing required per DACF inspection for statewide license.
FOOD STORAGE	Non-TCS shelf-stable foods for statewide license. Acidified foods need lab approval. Almost anything allowed under food sovereignty ordinance.

Inspection & permitting

INSPECTION REQUIRED	Yes — Statewide Home Food Processor License requires kitchen inspection by DACF Division of Quality Assurance and Regulations. Food sovereignty ordinance pathway requires no inspection.
HOME OCCUPATION PERMIT	Conditional — Penobscot County municipalities may have home occupation permit requirements. Bangor and other cities each have their own zoning rules. Farmers market vendors also need a Mobile Food Vendor license at the state level.
LOCAL BUSINESS LICENSE	Varies

Customer-facing rules

ON-SITE CUSTOMER PICKUP	Yes
ON-SITE SIGNAGE	Conditional
DELIVERY / PICKUP RULES	Statewide license: sales from home, at farmers markets (with Mobile Food Vendor license), online, direct-to-consumer, and some retail. Food sovereignty ordinance: direct producer-to-consumer transactions exempt from most regulations.
MAX EMPLOYEES IN HOME	Not specified by state law; local home occupation rules may apply.

Relevant county code

Penobscot County municipalities' zoning ordinances; 7 M.R.S.A. §282; 7 M.R.S.A. §284

RESEARCH NOTES

Pattern county. Maine has two-track system. Food sovereignty ordinances available if municipality has adopted. Bangor status as food sovereignty municipality not confirmed. Statewide Home Food Processor License pathway requires initial inspection. No Penobscot County-specific cottage food code identified.

SOURCES VERIFIED AT RESEARCH TIME

<https://www.penobscot-county.net>

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

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

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

Bordering counties — cottage food law

Regulation	Penobscot County	Aroostook County	Hancock County
HOME KITCHEN ALLOWED	Conditional	Yes	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	Under statewide license: 'uncontrolled children' prohibited in kitchen during production; no specific pet restriction listed but good pract...	Not specified in state law	Under statewide license pathway: 'uncontrolled children' prohibited in kitchen during production. Standard sanitation applies for pets.
INSPECTION REQUIRED	Yes	Yes	Yes
ON-SITE CUSTOMER PICKUP	Yes	Yes	Yes
ON-SITE SIGNAGE	Conditional	Conditional	Conditional
DELIVERY / PICKUP	Statewide license: sales from home, at farmers markets (with Mobile Food Vendor license), online, direct-to-consumer, and some retail. Food...	Direct and indirect sales allowed; no out-of-state sales	Under statewide license: sales at farm, farm stands, farmers markets (with additional license), and home direct sales. Under food sovereign...
HOME OCCUPATION PERMIT	Conditional	Yes	Conditional
LOCAL BUSINESS LICENSE	Varies	Varies	Varies
RESTRICTIONS	Maine has two pathways: (1) Statewide Home Food Processor License — requires license, kitchen inspection by DACF, and well/septic testing i...	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 kitchen inspection by DACF, well/septic testing if not on public systems, ...
FOOD STORAGE	Non-TCS shelf-stable foods for statewide license. Acidified foods need lab approval. Almost anything allowed under food sovereignty ordinan...	Appropriate storage; no perishable items under home processor pathway	Under statewide license: non-TCS shelf-stable products only. Under food sovereignty: broader including potentially hazardous foods if sold ...
POPULATION	152,640	67,237	55,851

State context — Maine cottage food law

Penobscot 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 Penobscot 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/penobscot-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 Penobscot 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/penobscot-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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