

COTTAGE FOOD LAW REPORT

New Hampshire

A comprehensive guide to the cottage food statute, sales rules, and county-level zoning and health-department overlays for home bakers operating under RSA §143-A:12.

STATUTE	TIER	IJ GRADE	COUNTIES COVERED	LAST VERIFIED
RSA §143-A:12	Good	C	10	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.

Contents

Executive summary	3
<hr/>	
New Hampshire Revised Statutes Annotated Title X — Public Health, Chapter 143-A — Food Service Licensure, Section 143-A:12 — Homestead Food License Required — RSA §143-A:12	4
<hr/>	
County-level rules (10 counties)	6
#165 Hillsborough County · Manchester	6
#222 Rockingham County · Brentwood	8
#436 Merrimack County	9
#487 Strafford County · Dover	10
#651 Grafton County · North Haverhill	12
#729 Cheshire County · Keene	14
#834 Belknap County · Laconia	15
#974 Carroll County · Ossipee	17
#9999 Coos County · Lancaster	18
#9999 Sullivan County · Newport	19

Executive summary

This report covers the New Hampshire cottage food framework — the state statute, the regulatory body administering it, what producers can and cannot sell, and county-level rules layered on top of state law for the 10 New Hampshire counties included in this dataset.

ANNUAL SALES CAP

tiered

FOOD HANDLER CERTIFICATION

no

DIRECT SALES ONLY

no

REGISTRATION REQUIRED

depends

KITCHEN INSPECTION

upon-complaint

INDIRECT SALES (RETAIL/ONLINE/WHOLESALE)

limited (see notes) — Exempt operations (below sales cap) may sell at retail food stores without a license. Sales to restaurants, over the internet, by mail order, or to wholesalers/distributors require a Class H Homestead License under RSA 143-A:4. The department may inspect upon suspicion of imminent health hazard but does not conduct routine inspections of exempt operations.

RESEARCH NOTES

The original statute URL (gencourt.state.nh.us) returned a 504 timeout; statute text was successfully retrieved from Justia (law.justia.com) which mirrors the official text. NH uses the term 'Homestead Food License' rather than 'cottage food.' The two-tier system: exempt operations (no license needed) sell locally below the sales cap; non-exempt operations above the cap or selling to restaurants/internet/mail/wholesale need a Class H license at \$150. NH DHHS website confirms the \$150 fee and labeling requirements. Enacted year and last amended year could not be confirmed from available sources; they are listed as 'unknown.' The 10-point font requirement is confirmed by DHHS. The sales cap referenced in RSA 143-A:5(VII) was not found in the fetched text; its exact dollar amount is 'unknown' — hence 'tiered' for `annual_sales_cap_usd`.

New Hampshire Revised Statutes Annotated Title X — Public Health, Chapter 143-A — Food Service Licensure, Section 143-A:12 — Homestead Food License Required

CITATION

RSA §143-A:12

ENACTED

unknown

LAST AMENDED

unknown

CONFIDENCE

HIGH

Allowed foods

Non-potentially-hazardous homestead food products prepared in the operator's primary home kitchen may be sold from the homestead residence, at the owner's farm stand, at farmers markets, and at retail food stores without a license (below the sales threshold). Above the sales threshold, or for sales to restaurants, via internet/mail order, or to wholesalers, a Class H Homestead License (\$150 fee) is required.

Prohibited foods

Potentially hazardous foods — those requiring temperature control for safety, including processed acidified and low-acid canned foods — cannot be produced or sold under the homestead food framework. Operations selling above the annual gross sales threshold set in RSA 143-A:5(VII) must obtain a license.

Labeling requirements

All packaged homestead food products must be labeled with: name, address, and phone number of the operation; product name; ingredients in descending order by weight; allergen information. Exempt operations must also state: 'This product is exempt from New Hampshire licensing and inspection.' Licensed operations must state: 'This product is made in a residential kitchen licensed by the New Hampshire Department of Health and Human Services.' Net weight/volume in US customary and metric, and a product code/batch number, are also required. Label must include a 10-point font disclosure statement.

Statutory text — verbatim excerpt

Statute excerpt — verbatim

143-A:12 Homestead Food License Required. I. In this subdivision: (a) "Homestead food operation" means a person who produces homestead food products, excluding potentially hazardous food, only in the home kitchen of that person's primary residence in New Hampshire. (b) "Potentially hazardous food" means foods requiring temperature control for safety because they are capable of supporting the rapid growth of pathogenic or toxigenic microorganisms, and the growth of toxin production of clostridium botulinum. Potentially hazardous foods also include processed acidified and low acid canned foods. (c) "Homestead food products" means all food except potentially hazardous food, and as defined in rule by the commissioner of the department of health and human services through rulemaking under RSA 143-A:13. II. Homestead food operations selling less than the maximum annual gross sales of food as defined in RSA 143-A:5, VII, excluding potentially hazardous food, from the homestead residence, at the owner's own farm stand, at farmers' markets, or at retail food stores are exempt from licensure and departmental inspection under this subdivision, except that the department may inspect when the department has reason to suspect an imminent health hazard as defined in RSA 143-A:3, IV-b. III. Homestead food operations that exceed the maximum annual gross sales of food as defined in RSA 143-A:5, VII or homestead food operations who wish to sell food products, excluding potentially hazardous food, to restaurants or other retail food establishments, over the Internet, by mail order, or to wholesalers, brokers, or other food distributors who will resell the homestead product shall be licensed under RSA 143-A:4. IV. All homestead food products sold in packages from the home kitchen, farm stand of a homestead food operation, at farmers' markets, or at retail food stores shall have individual labels on each package containing the following information: name, address, and phone number of the homestead food operation; name of the homestead food product; the ingredients of the homestead product, in descending order of predominance by weight; and allergy information. Products made by homestead food operations exempt from licensure shall also be clearly labeled with the following statement: "This product is exempt from New Hampshire licensing and inspection." Products made by nonexempt homestead food operations shall also be clearly labeled with the following statement: "This product is made in a residential kitchen licensed by the New Hampshire Department of Health and Human Services."

Source: <https://law.justia.com/codes/new-hampshire/2023/title-x/chapter-143-a/section-143-a-12/>

Official sources

Statute <http://www.gencourt.state.nh.us/rsa/html/X/143-A/143-A-mrg.htm>

State dept page <https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

Extension service <https://extension.unh.edu/>

Forrager.com <https://forrager.com/law/new-hampshire/>

State dept of agriculture / health: [New Hampshire Department of Health and Human Services](#)

County-level rules

The state statute above sets the floor. Each county may add a home-occupation permit, business license, or zoning rule on top of state law. The 10 New Hampshire counties below are sorted by population (largest first).

RANK 165 · FIPS 33011 · Manchester

Hillsborough County

Population 422,733 · State baseline: RSA §143-A:12 · **MEDIUM**

Home kitchen rules

HOME KITCHEN ALLOWED	conditional — New Hampshire 'Homestead Food' law (RSA §143-A:12) allows non-PHF foods produced in the operator's primary home kitchen. Below the annual sales threshold: no license required; may sell from homestead residence, at owner's farm stand, at farmers markets, and at retail food stores. Above the sales threshold or for sales to restaurants, via internet/mail order, or to wholesalers: a Class H Homestead License (\$150 fee) required. Potentially hazardous foods (TCS) not permitted. New Hampshire counties do not administer food permits; municipalities govern zoning.
SEPARATE DEDICATED KITCHEN	no
PET RESTRICTIONS	No specific restriction in state homestead food law beyond standard food safety practices.
WATER SUPPLY	No specific state requirement for homestead food operations.
HANDWASHING	Standard food safety practices required.
FOOD STORAGE	Non-TCS shelf-stable products only.

Inspection & permitting

INSPECTION REQUIRED	upon-complaint — Inspection may occur upon complaint. Below-threshold operations have no routine inspection; Class H licensed operations subject to state oversight.
HOME OCCUPATION PERMIT	varies — New Hampshire municipalities (Manchester, Nashua, Concord area towns, etc.) within Hillsborough County have their own zoning bylaws for home occupations. County does not administer zoning. Operators should verify with local town/city zoning office whether home occupation permit is required. NH homestead food law does not preempt local zoning requirements.
LOCAL BUSINESS LICENSE	varies

Customer-facing rules

ON-SITE CUSTOMER PICKUP	yes
ON-SITE SIGNAGE	conditional
DELIVERY / PICKUP RULES	Below threshold: sell from home, farm stand, farmers markets, retail stores. Above threshold or for internet/mail/restaurant/wholesale: Class H Homestead License required. State font requirements: 10-point minimum on labels.
MAX EMPLOYEES IN HOME	Not specified in state law; local zoning rules vary.

Relevant county code

RSA §143-A:12 (NH Homestead Food License); local Hillsborough County municipal zoning bylaws vary.

RESEARCH NOTES

NH homestead food law (RSA §143-A:12) confirmed via state DHHS. Two-tier system: below sales threshold (amount not confirmed in research) no license; above threshold Class H license at \$150. Hillsborough County includes Manchester, Nashua, and many towns; each has own zoning. NH county government has no role in food or zoning permitting. Label must use 10-point minimum font. Confidence medium: state law confirmed; exact sales threshold amount not verified; county-specific municipal rules not researched.

SOURCES VERIFIED AT RESEARCH TIME

<https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

RANK 222 · FIPS 33015 · Brentwood

Rockingham County

Population 315,169 · State baseline: RSA §143-A:12; tiered registration/licensing depending on revenue; non-TCS foods; complaint-based inspection; limited indirect sales · **MEDIUM**

Home kitchen rules

HOME KITCHEN ALLOWED	yes — Non-TCS homestead food products from primary home kitchen; tiered annual sales cap with registration thresholds; labeling required; complaint-based inspections possible
SEPARATE DEDICATED KITCHEN	no
PET RESTRICTIONS	No specific state restriction; general sanitation applies
WATER SUPPLY	Potable water at residence
HANDWASHING	Standard handwashing
FOOD STORAGE	Non-TCS foods stored in sanitary conditions

Inspection & permitting

INSPECTION REQUIRED	upon-complaint — Complaint-based; DHHS may inspect
HOME OCCUPATION PERMIT	varies — No county-level home occupation permit identified for NH counties (NH counties have limited regulatory power). Municipal zoning in individual towns within Rockingham County may require home occupation permits; operator should check with local town planning
LOCAL BUSINESS LICENSE	varies

Customer-facing rules

ON-SITE CUSTOMER PICKUP	yes
ON-SITE SIGNAGE	conditional
DELIVERY / PICKUP RULES	Direct from homestead, at owner's stand, or at farmers markets; limited indirect sales permitted under higher tiers
MAX EMPLOYEES IN HOME	Not specified

Relevant county code

Not identified; NH counties have limited zoning authority

RESEARCH NOTES

NH counties have very limited regulatory authority; most zoning is at town level. Rockingham County is suburban/exurban southern NH. No county-specific overlay. State homestead food program applies.

SOURCES VERIFIED AT RESEARCH TIME

<https://www.rockinghamcountynh.org>

<https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

RANK 436 · FIPS 33013 · —

Merrimack County

Population 153,918 · State baseline: RSA §143-A:12 · **MEDIUM**

Home kitchen rules

HOME KITCHEN ALLOWED	conditional — New Hampshire Homestead Food Licensing: operators may sell non-PHF homestead food products from their primary home kitchen without a license below the annual gross sales threshold. Above the threshold or for sales to restaurants, via internet/mail order, or to wholesalers, a Class H Homestead License (\$150 fee) is required. Allowed: non-PHF foods including baked goods, jams, jellies, dried goods, etc. No inspection required for exempt operations.
SEPARATE DEDICATED KITCHEN	no
PET RESTRICTIONS	No specific state restriction on pets in home for homestead food operations.
WATER SUPPLY	No specific requirement under NH homestead food law.
HANDWASHING	Good manufacturing practices apply.
FOOD STORAGE	Non-PHF, non-TCS foods only. Products must not require temperature control for safety.

Inspection & permitting

INSPECTION REQUIRED	upon-complaint — NH DHHS may inspect upon complaint. No routine inspection for exempt operations.
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HOME OCCUPATION PERMIT varies — Merrimack County municipalities may have home occupation requirements under local zoning. NH has no county-level health department for cottage food; oversight is state-level. No county-specific cottage food overlay identified.

LOCAL BUSINESS LICENSE varies

Customer-facing rules

ON-SITE CUSTOMER PICKUP yes

ON-SITE SIGNAGE conditional

DELIVERY / PICKUP RULES Exempt operations: sales at homestead residence, farm stand, farmers markets, and retail food stores without license below the threshold. Licensed Class H operations: additional channels including internet/mail order, restaurants, wholesalers.

MAX EMPLOYEES IN HOME Not specified by state law; local home occupation rules may apply.

Relevant county code

Municipal zoning ordinances within Merrimack County; RSA §143-A:12

RESEARCH NOTES

Verified-large county. State baseline governs. New Hampshire uses 'Homestead Food License' rather than 'cottage food.' Two-tier system: exempt below sales threshold (dollar amount unknown per state baseline research), licensed Class H above threshold. No Merrimack County-specific cottage food code identified. County URL verified. County seat field blank in input.

SOURCES VERIFIED AT RESEARCH TIME

<https://www.merrimackcounty.net>

<https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

<http://www.gencourt.state.nh.us/rsa/html/X/143-A/143-A-mrg.htm>

RANK 487 · FIPS 33017 · Dover

Strafford County

Population 130,965 · State baseline: RSA §143-A:12 · **MEDIUM**

Home kitchen rules

HOME KITCHEN ALLOWED	yes — Two-tier system. Exempt tier (below sales cap, RSA 143-A:5(VII)): no license needed; may sell from homestead residence, farm stand, farmers markets, and retail food stores. Non-exempt tier (above sales cap, or selling to restaurants/internet/mail/wholesale): Class H Homestead License required (\$150 fee). Potentially hazardous foods (TCS) prohibited.
SEPARATE DEDICATED KITCHEN	no
PET RESTRICTIONS	Not prohibited by state statute; kitchen sanitation required.
WATER SUPPLY	Potable water required.
HANDWASHING	Required per good food safety practices.
FOOD STORAGE	Non-potentially-hazardous (non-TCS) products only. Stored in food-safe containers. Label must use minimum 10-point font.

Inspection & permitting

INSPECTION REQUIRED	upon-complaint — NH DHHS may inspect upon complaint.
HOME OCCUPATION PERMIT	varies — Strafford County does not have a unitary county government for zoning purposes. Municipalities (Dover, Rochester, Durham, etc.) have their own home occupation and zoning provisions. No specific county-level cottage food override identified. New Hampshire has a strong local governance tradition.
LOCAL BUSINESS LICENSE	varies

Customer-facing rules

ON-SITE CUSTOMER PICKUP	yes
ON-SITE SIGNAGE	conditional
DELIVERY / PICKUP RULES	Exempt tier: sales from homestead, farm stand, farmers markets, and retail stores. Class H license: also restaurants, internet sales, mail order, and wholesale.
MAX EMPLOYEES IN HOME	Not specified.

Relevant county code

RSA §143-A:12; RSA §143-A:5(VII) (sales threshold for license requirement).

RESEARCH NOTES

State baseline (NH) confirmed: RSA §143-A:12, two-tier homestead food system, \$150 Class H license. Strafford County govt URL confirmed (co.strafford.nh.us). Strafford County includes Dover and Durham (UNH). NH has strong local zoning control through towns. County follows state baseline. Confidence medium.

SOURCES VERIFIED AT RESEARCH TIME

<https://www.co.strafford.nh.us>

<https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

<http://www.gencourt.state.nh.us/rsa/html/X/143-A/143-A-mrg.htm>

<https://www.co.strafford.nh.us>

RANK 651 · FIPS 33009 · North Haverhill

Grafton County

Population 90,836 · State baseline: RSA §143-A:12 · **MEDIUM**

Home kitchen rules

HOME KITCHEN ALLOWED	yes — Production must occur in the operator's primary residence home kitchen or a designated food production area within the primary residence. Area must have handwashing station with hot/cold running potable water, soap, and sanitary drying; equipment/food storage preventing contamination; cleanable food contact surfaces; general sanitation; and pet exclusion during production. Commercial kitchen equipment is permitted if cleanable. Potentially hazardous foods are not allowed under the homestead food exemption.
SEPARATE DEDICATED KITCHEN	no
PET RESTRICTIONS	Pets must be excluded from the food production area during all food production activities.
WATER SUPPLY	Hot and cold running potable water required at the handwashing station in the production area. Private well users should ensure water is potable.
HANDWASHING	Dedicated handwashing area with hot and cold running potable water, soap, and sanitary hand drying provisions required within the production area.

FOOD STORAGE Food, equipment, and utensils must be stored in a manner that prevents contamination.

Inspection & permitting

INSPECTION REQUIRED upon-complaint — NH DHHS may inspect upon complaint or suspected foodborne illness. No routine pre-operational inspection required for exempt operations below the sales threshold.

HOME OCCUPATION PERMIT varies — Grafton County is an unorganized/rural county in NH; individual towns govern zoning. Each town in Grafton County sets its own home occupation rules. Producers should check with their town's zoning office. Many NH towns permit low-traffic home-based food businesses without a special permit but some require a home occupation permit.

LOCAL BUSINESS LICENSE varies

Customer-facing rules

ON-SITE CUSTOMER PICKUP conditional

ON-SITE SIGNAGE conditional

DELIVERY / PICKUP RULES Homestead food products may be sold from the homestead residence, at the owner's farm stand, at farmers markets, and at retail food stores without a license if below the sales threshold. Above threshold a Class H Homestead License (\$150 fee) is required. Online and mail-order sales require the license.

MAX EMPLOYEES IN HOME Not specified in state law; typical home occupation rules in NH towns restrict non-resident employees to 1-2.

Relevant county code

No county-level cottage food ordinance identified. State law RSA §143-A:12 governs. Individual town zoning codes apply.

RESEARCH NOTES

New Hampshire uses the term 'Homestead Food License' rather than cottage food. RSA §143-A:12 provides a two-tier framework: exempt operations (no license needed) sell locally below the sales cap; non-exempt operations above the cap or selling to restaurants/internet/mail/wholesale need a Class H license at \$150. The exact sales cap amount is set in RSA 143-A:5(VII) and was not confirmed from available sources. Grafton County has no county-level health department with cottage food oversight; individual towns handle zoning. No county-specific cottage food overrides found. Confidence is medium: state law is clear from official source but county/town-level rules are unverified.

SOURCES VERIFIED AT RESEARCH TIME

<https://gc.nh.gov/rsa/html/X/143-A/143-A-12.htm>

<https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

RANK 729 · FIPS 33005 · Keene

Cheshire County

Population 76,610 · State baseline: RSA §143-A:12 · **MEDIUM**

Home kitchen rules

HOME KITCHEN ALLOWED	yes — Non-potentially-hazardous homestead food products prepared in the operator's primary home kitchen. Below the sales threshold, may sell from homestead residence, farm stand, farmers markets, and retail food stores without a license. Above threshold or for internet/mail order/restaurant sales, a Class H Homestead License (\$150 fee) is required.
SEPARATE DEDICATED KITCHEN	no
PET RESTRICTIONS	Not specified in state statute.
WATER SUPPLY	Potable water required.
HANDWASHING	No food handler certification required at state level.
FOOD STORAGE	Non-potentially-hazardous shelf-stable products must be stored appropriately.

Inspection & permitting

INSPECTION REQUIRED	upon-complaint — NH DHHS may inspect upon complaint. No routine inspection for below-threshold operations.
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HOME OCCUPATION PERMIT conditional — No local home occupation permit required for exempt/below-threshold operations. Cheshire County does not appear to have a specific cottage food ordinance. Local zoning may apply.

LOCAL BUSINESS LICENSE varies

Customer-facing rules

ON-SITE CUSTOMER PICKUP yes

ON-SITE SIGNAGE conditional

DELIVERY / PICKUP RULES Below sales threshold: may sell locally at homestead, farm stand, farmers markets, retail stores — no license needed. Above threshold or for internet/mail/restaurant/wholesale: Class H Homestead License required (\$150). 10-point font minimum for label text required.

MAX EMPLOYEES IN HOME Not specified.

Relevant county code

RSA §143-A:12. No Cheshire County-specific code section found.

RESEARCH NOTES

New Hampshire uses a 'Homestead Food' framework with a two-tier licensing system. The exact sales threshold amount is described as 'tiered' but the specific dollar amount is 'unknown' per state baseline research. Class H Homestead License costs \$150. 10-point font label requirement. No Cheshire County-specific overrides found. Confidence: medium (state law verified, no county-specific ordinance confirmed).

SOURCES VERIFIED AT RESEARCH TIME

<https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

<https://law.justia.com/codes/new-hampshire/title-xi/section-143-a-12/>

RANK 834 · FIPS 33001 · Laconia

Belknap County

Population 63,914 · State baseline: RSA §143-A:12 · **MEDIUM**

Home kitchen rules

HOME KITCHEN ALLOWED	yes — Non-PHF homestead food products from operator's primary home kitchen may be sold without a license below the annual sales threshold. Above threshold, or for internet/mail/wholesale/restaurant sales, a Class H Homestead License (\$150 fee) is required. Food handler cert not required but recommended.
SEPARATE DEDICATED KITCHEN	no
PET RESTRICTIONS	No specific state prohibition; good manufacturing practice applies
WATER SUPPLY	Potable water required; well/septic testing may be required for license applications
HANDWASHING	Handwashing facilities required
FOOD STORAGE	Non-PHF shelf-stable foods; processed acidified/low-acid canned foods prohibited

Inspection & permitting

INSPECTION REQUIRED	upon-complaint — Complaint-based; NH DHHS may inspect upon complaint
HOME OCCUPATION PERMIT	varies — Belknap County is in the Lakes Region of NH with county seat Laconia. County govt URL confirmed at belknapcounty.gov . No specific county-level home occupation permit for cottage food identified. Contact Belknap County Planning or City of Laconia for local zoning.
LOCAL BUSINESS LICENSE	varies

Customer-facing rules

ON-SITE CUSTOMER PICKUP	yes
ON-SITE SIGNAGE	conditional
DELIVERY / PICKUP RULES	Below sales threshold: sales from homestead, farm stand, farmers markets, retail food stores permitted without license. Above threshold: Class H Homestead License required for internet/mail/wholesale/restaurant sales.
MAX EMPLOYEES IN HOME	No specific limit stated

Relevant county code

Contact Belknap County or City of Laconia for local zoning

RESEARCH NOTES

New Hampshire uses 'Homestead Food License' term. Two-tier: below sales cap (amount unknown, listed as 'tiered' in baseline), no license needed; above cap or internet/wholesale/restaurant, Class H license required at \$150. Belknap County is Lakes Region including Lake Winnepesaukee. County govt URL confirmed. No specific county restrictions found.

SOURCES VERIFIED AT RESEARCH TIME

<https://www.belknapcounty.gov>

<https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

<http://www.gencourt.state.nh.us/rsa/html/X/143-A/143-A-mrg.htm>

RANK 974 · FIPS 33003 · Ossipee

Carroll County

Population 50,679 · State baseline: RSA §143-A:12 · **MEDIUM**

Home kitchen rules

HOME KITCHEN ALLOWED	yes — Must be primary home kitchen. Non-potentially hazardous homestead food products only. Below the sales cap threshold: no license required for sales from homestead residence, farm stand, farmers markets, and retail food stores. Above the threshold or for internet/mail order/restaurant/wholesale: Class H Homestead License required (\$150 fee). No specific sales cap dollar amount confirmed from available sources.
SEPARATE DEDICATED KITCHEN	no
PET RESTRICTIONS	Not specified in state law.
WATER SUPPLY	Not specified in state law.
HANDWASHING	Standard sanitation practices; not specifically mandated for exempt operations.
FOOD STORAGE	Products must be non-potentially hazardous.

Inspection & permitting

INSPECTION REQUIRED	upon-complaint — No routine inspection for exempt operations. NHDHHS may inspect upon complaint.
HOME OCCUPATION PERMIT	conditional — Carroll County is a rural NH county with many municipalities. Individual towns govern their own zoning. Recommend verifying with the specific town where the operation is located (e.g., Ossipee, Conway, Wolfeboro area towns) for home occupation permit requirements.
LOCAL BUSINESS LICENSE	varies

Customer-facing rules

ON-SITE CUSTOMER PICKUP	yes
ON-SITE SIGNAGE	conditional
DELIVERY / PICKUP RULES	Below threshold: sales from homestead, farm stand, farmers markets, and retail stores allowed without license. Above threshold: Class H license required for internet/mail order/restaurant/wholesale sales.
MAX EMPLOYEES IN HOME	Not specified in state law.

Relevant county code

RSA §143-A:12; RSA §143-A:5(VII); Carroll County town-level zoning codes

RESEARCH NOTES

New Hampshire uses the term 'Homestead Food' not 'cottage food.' Carroll County is a lakes region county with a significant tourist economy. No county-specific cottage food rules found. Municipal-level zoning governs home-based businesses in NH. The Class H Homestead License (\$150) is required for sales above the threshold or to internet/mail order/restaurant/wholesale channels. Label must use 10-point font minimum.

SOURCES VERIFIED AT RESEARCH TIME

<https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

<http://www.gencourt.state.nh.us/rsa/html/X/143-A/143-A-mrg.htm>

RANK 9999 · FIPS 33007 · Lancaster

Coos County

Population 0 · State baseline: — · **MEDIUM**

Home kitchen rules

HOME KITCHEN ALLOWED —

SEPARATE DEDICATED
KITCHEN —

PET RESTRICTIONS —

WATER SUPPLY —

HANDWASHING —

FOOD STORAGE —

Inspection & permitting

INSPECTION REQUIRED —

HOME OCCUPATION
PERMIT —

LOCAL BUSINESS LICENSE —

Customer-facing rules

ON-SITE CUSTOMER
PICKUP —

ON-SITE SIGNAGE —

DELIVERY / PICKUP RULES —

MAX EMPLOYEES IN HOME —

SOURCES VERIFIED AT RESEARCH TIME

RANK 9999 · FIPS 33019 · Newport

Sullivan County

Population 0 · State baseline: — · **MEDIUM**

Home kitchen rules

HOME KITCHEN ALLOWED —

SEPARATE DEDICATED
KITCHEN —

PET RESTRICTIONS —

WATER SUPPLY —

HANDWASHING —

FOOD STORAGE —

Inspection & permitting

INSPECTION REQUIRED —

HOME OCCUPATION
PERMIT —

LOCAL BUSINESS LICENSE —

Customer-facing rules

ON-SITE CUSTOMER
PICKUP —

ON-SITE SIGNAGE —

DELIVERY / PICKUP RULES —

MAX EMPLOYEES IN HOME —

SOURCES VERIFIED AT RESEARCH TIME

Generated 2026-05-06 from data/research/state_cottage_food_statutes.csv and data/research/county_cottage_food_zoning.csv. This report is for research purposes only and does not constitute legal advice. Cottage food law is in active flux — re-verify all citations and rules against state and county .gov sources before relying on them for regulatory decisions.