

COTTAGE BAKERY FROM HOME

Can I sell from my kitchen in Fremont County, Idaho?

Home kitchen sales. Not a shop or rented commercial kitchen. Last verified 2026-05-06.

STATE FOOD PERMIT

No

HOME OCCUPATION

Conditional

BUSINESS LICENSE

Varies

SALES CAP

—

IDAHO RULES. OPEN THESE FIRST.

[Idaho permits PDF](#)[Idaho cottage food law page](#)[Idaho Department of Health and Welfare cottage food program](#)[Statute: IDAPA 16.02.19 \(Idaho Food Code, cottage food provisions\)](#)**NOT LEGAL ADVICE**

This is what it takes to sell from a home kitchen in Fremont County. Confirm each step with Planning, Health, and the license office before you sell.

What you need

Fremont County, Idaho. File every Yes. Confirm every Check or Ask. Stay under the sales cap.

STATE FOOD PERMIT

No

ANNUAL SALES CAP

—

HOME OCCUPATION / ZONING

Conditional

LOCAL HEALTH

No

BUSINESS LICENSE

Varies

PICKUP AT THE HOUSE

Conditional

HOME KITCHEN ONLY

If you want a shop or a rented commercial kitchen, these rows do not apply.

CONTINUE ONLINE

Idaho permits PDF →

<https://crosodo.com/reports/pdf/permits/idaho.pdf>

Idaho cottage food law page →

<https://crosodo.com/states/idaho>

Permit page for this place →

<https://crosodo.com/what-permits/idaho/fremont-county>

Fremont County cottage food law page →

<https://crosodo.com/states/idaho/fremont-county>

Not legal advice. Rules change. Confirm with the office before you file.

Where to file

State

Idaho registration: No. Routine kitchen inspection: No. Idaho prohibits wholesale, restaurant, and retail store sales; only direct-to-consumer in-person sales at home, farmers markets, events, online (pickup/delivery), and roadside stands are allowed.

Idaho permits PDF: crosodo.com/reports/pdf/permits/idaho.pdf

State law page: crosodo.com/states/idaho

Idaho Department of Health and Welfare: <https://healthandwelfare.idaho.gov/services-programs/food-safety/cottage-food-operations>

Statute: [IDAPA 16.02.19 \(Idaho Food Code, cottage food provisions\)](#)

Zoning / home occupation

Conditional. Fremont County is a rural eastern Idaho county near Yellowstone. Home occupations in unincorporated areas are generally allowed as accessory residential uses under county zoning. Contact Fremont County Planning at (208) 624-7332 for specific permit requirements.

Health

No. No routine inspection. Eastern Idaho Public Health (serving Fremont County) may investigate upon complaint.

Business license

Varies

Pickup / delivery

Idaho cottage food allows direct sales to consumers; home pickup is permitted. Delivery to consumers is permitted. No mail order or internet sales under state law.

If you rent a commissary kitchen

Health districts permit food establishments. Idaho cottage food is a home exemption. A commissary is a food establishment permitted by the local public health district.

Official source: [Idaho food protection](#)

Local health office we have on file: <https://www.co.fremont.id.us>

This file is the home-kitchen path. A rented kitchen uses a different permit. Ask the kitchen manager which license they expect, then call the local health office.

SOURCES

<https://www.co.fremont.id.us>

<https://healthandwelfare.idaho.gov/services-programs/food-safety/cottage-food-operations>

<https://adminrules.idaho.gov/rules/current/16/160219.pdf>

Fremont County and nearby places

Regulation	Fremont County	Teton County	Clark County
HOME KITCHEN ALLOWED	Yes	Yes	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	No specific state-level pet restriction for cottage food, but good manufacturing practices recommend excluding pets during production.	No specific state-level pet restriction for cottage food, but good manufacturing practices recommend excluding pets during production.	No specific state-level pet restriction for cottage food, but good manufacturing practices recommend excluding pets during production.
INSPECTION REQUIRED	No	No	No
ON-SITE CUSTOMER PICKUP	Conditional	Conditional	Conditional
ON-SITE SIGNAGE	Conditional	Conditional	Conditional
DELIVERY / PICKUP	Idaho cottage food allows direct sales to consumers; home pickup is permitted. Delivery to consumers is permitted. No mail order or interne...	Idaho cottage food allows direct sales to consumers; home pickup is permitted. Delivery to consumers is permitted. No mail order or interne...	Idaho cottage food allows direct sales to consumers; home pickup is permitted. Delivery to consumers is permitted. No mail order or interne...
HOME OCCUPATION PERMIT	Conditional	Conditional	Conditional
LOCAL BUSINESS LICENSE	Varies	Varies	Varies
RESTRICTIONS	Must operate from primary residence kitchen. No registration or inspection required at state level. Only non-potentially hazardous foods al...	Must operate from primary residence kitchen. No registration or inspection required at state level. Only non-potentially hazardous foods al...	Must operate from primary residence kitchen. No registration or inspection required at state level. Only non-potentially hazardous foods al...
FOOD STORAGE	Products must be stored at producer's primary residence; safe handling guidelines apply.	Products must be stored at producer's primary residence; safe handling guidelines apply.	Products must be stored at producer's primary residence; safe handling guidelines apply.
POPULATION	13,494	12,142	845

More pages for this place

These Crosodo pages cover the same home cottage-food path:

Idaho permits PDF: crosodo.com/reports/pdf/permits/idaho.pdf

Idaho cottage food law: crosodo.com/states/idaho

Fremont County cottage food law: crosodo.com/states/idaho/fremont-county