

COTTAGE BAKERY FROM HOME

Can I sell from my kitchen in Adams County, Iowa?

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

STATE FOOD PERMIT

No

HOME OCCUPATION

Conditional

BUSINESS LICENSE

No

SALES CAP

—

IOWA RULES. OPEN THESE FIRST.

[Iowa permits PDF](#)[Iowa cottage food law page](#)[Iowa Department of Inspections and Appeals cottage food program](#)[Statute: Iowa Code §137F.1 / §137F.20](#)**NOT LEGAL ADVICE**

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

What you need

Adams County, Iowa. 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

No

PICKUP AT THE HOUSE

Yes

HOME KITCHEN ONLY

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

CONTINUE ONLINE

Iowa permits PDF →

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

Iowa cottage food law page →

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

Permit page for this place →

<https://crosodo.com/what-permits/iowa/adams-county>

Adams County cottage food law page →

<https://crosodo.com/states/iowa/adams-county>

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

Where to file

State

Iowa registration: No. Routine kitchen inspection: No. Cottage food direct-to-consumer sales only; however, a separate Home Food Processing Establishment (HFPE) license allows indirect retail and wholesale sales of almost any food including perishables.

Iowa permits PDF: crosodo.com/reports/pdf/permits/iowa.pdf

State law page: crosodo.com/states/iowa

Iowa Department of Inspections and Appeals: <https://dia.iowa.gov/food-safety/home-food-establishment>

Statute: [Iowa Code §137F.1](#) / [§137F.20](#)

Zoning / home occupation

Conditional. Adams County unincorporated area home occupation rules follow county zoning ordinance. Typical Iowa rural county standards: business incidental to residential use, no exterior commercial evidence, limited customer traffic. Iowa Code §137F.20(1) preempts food-specific restrictions.

Health

No. No routine inspection. Iowa DIAL may investigate upon complaint.

Business license

No

Pickup / delivery

Direct-to-consumer sales only. Home pickup, farmers markets, roadside stands, events allowed. No wholesale or retail indirect sales under cottage food exemption.

If you rent a commissary kitchen

DIA licenses food establishments. Iowa cottage food is an exemption. A commissary or food establishment is licensed by the Department of Inspections, Appeals, and Licensing (or the local board of health where they inspect).

Official source: [Iowa DIAL food establishments](#)

Local health office we have on file: <https://www.adamscountyiowa.gov>

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.adamscountyiowa.gov>

<https://www.legis.iowa.gov/docs/code/137F.pdf>

Adams County and nearby places

Regulation	Adams County	Ringgold County	Taylor County
HOME KITCHEN ALLOWED	Yes	Yes	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	No state or county-specific rule found; good practice is to exclude pets from food prep areas.	No specific pet restriction in Iowa cottage food law.	No specific pet restriction in Iowa cottage food law.
INSPECTION REQUIRED	No	No	No
ON-SITE CUSTOMER PICKUP	Yes	Yes	Yes
ON-SITE SIGNAGE	Conditional	Yes	Yes
DELIVERY / PICKUP	Direct-to-consumer sales only. Home pickup, farmers markets, roadside stands, events allowed. No wholesale or retail indirect sales under c...	Direct sales only under cottage food exemption. Allowed venues: home, farmers markets, roadside stands, special events, online (direct to c...	Direct sales only under cottage food exemption. Allowed venues: home, farmers markets, roadside stands, special events, online (direct to c...
HOME OCCUPATION PERMIT	Conditional	No	No
LOCAL BUSINESS LICENSE	No	No	No
RESTRICTIONS	No license, registration, or inspection required under Iowa cottage food exemption (§137F.20). Allowed foods: non-TCS items including baked...	Iowa cottage food law (§137F.20, amended 2022 by HF 2431) allows sale of non-TCS shelf-stable foods directly to consumers from a private re...	Iowa cottage food law (§137F.20, amended 2022 by HF 2431) allows sale of non-TCS shelf-stable foods directly to consumers from a private re...
FOOD STORAGE	Cottage food products must be stored to prevent contamination; TCS foods not permitted under the exemption.	Non-TCS (non-time/temperature control for safety) shelf-stable foods only. Acidified foods (pickles, salsas) allowed if each batch is pH-te...	Non-TCS (non-time/temperature control for safety) shelf-stable foods only. Acidified foods (pickles, salsas) allowed if each batch is pH-te...
POPULATION	3,704	4,690	5,916

More pages for this place

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

Iowa permits PDF: crosodo.com/reports/pdf/permits/iowa.pdf

Iowa cottage food law: crosodo.com/states/iowa

Adams County cottage food law: crosodo.com/states/iowa/adams-county