

COTTAGE BAKERY FROM HOME

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

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

STATE FOOD PERMIT

No

HOME OCCUPATION

No

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 Polk County. Confirm each step with Planning, Health, and the license office before you sell.

What you need

Polk 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

No

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/polk-county>

[Polk County cottage food law page →](#)

<https://crosodo.com/states/iowa/polk-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

No. Iowa Code §137F.20(1) explicitly prohibits local governments from imposing restrictions on cottage food exemption activities. No local home occupation permit required for cottage food operations. This is one of the strongest preemption provisions in the country.

Health

No. Iowa §137F.20 explicitly prohibits local governments from adding restrictions; no inspection required for cottage food exemption

Business license

No

Pickup / delivery

Direct sales only within Iowa. Farmers markets, roadside stands, home pickup/delivery, events. No retail/restaurant wholesale under the §137F.20 exemption. HFPE license allows broader sales including indirect retail. No annual cap under §137F.20.

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.polkcountyiowa.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.polkcountyiowa.gov>

<https://dia.iowa.gov/food-safety/home-food-establishment>

<https://ij.org/issues/economic-liberty/homemade-food-seller/iowa/>

Polk County and nearby places

Regulation	Polk County	Dallas County	Story County
HOME KITCHEN ALLOWED	Yes	Yes	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	No specific state cottage food pet restriction	No specific state restriction for cottage food exemption.	No specific restriction under Iowa cottage food exemption.
INSPECTION REQUIRED	No	No	No
ON-SITE CUSTOMER PICKUP	Yes	Yes	Yes
ON-SITE SIGNAGE	Yes	Conditional	Conditional
DELIVERY / PICKUP	Direct sales only within Iowa. Farmers markets, roadside stands, home pickup/delivery, events. No retail/restaurant wholesale under the \$13...	Direct-to-consumer sales only under cottage food exemption. Home pickup, farmers markets, events permitted. HFPE pathway allows indirect re...	Direct sales only to end consumers from home, farmers markets, events. No indirect retail/wholesale under cottage food exemption. Separate ...
HOME OCCUPATION PERMIT	No	Conditional	No
LOCAL BUSINESS LICENSE	No	Varies	No
RESTRICTIONS	Non-TCS foods (§137F.20 exemption), no license, no cap, direct sales only. Acidified foods allowed if each batch pH-tested (pH ≤4.6) or wat...	Iowa's cottage food exemption (§137F.20): No license required, no sales cap, direct sales only. Virtually all non-TCS foods permitted, incl...	Iowa cottage food exemption (§137F.20): no license, no cap, no registration, direct sales only to end consumers. Most non-TCS foods allowed...
FOOD STORAGE	Standard home kitchen storage for approved non-TCS foods	Non-TCS foods allowed. Acidified foods allowed with pH test (pH ≤4.6 or water activity ≤0.85) and production date on label. Perishable bake...	Non-TCS shelf-stable foods; acidified foods must be batch pH-tested.
POPULATION	493,378	100,367	98,573

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

Polk County cottage food law: crosodo.com/states/iowa/polk-county