

COTTAGE BAKERY FROM HOME

Can I sell from my kitchen in St. Helena Parish, Louisiana?

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

STATE FOOD PERMIT

No

HOME OCCUPATION

Varies

BUSINESS LICENSE

Varies

SALES CAP

\$30,000 / year

LOUISIANA RULES. OPEN THESE FIRST.

[Louisiana permits PDF](#)[Louisiana cottage food law page](#)[Louisiana Department of Health cottage food program](#)[Statute: La. R.S. §40:4.13](#)**NOT LEGAL ADVICE**

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

What you need

St. Helena Parish, Louisiana. File every Yes. Confirm every Check or Ask. Stay under the sales cap.

STATE FOOD PERMIT

No

ANNUAL SALES CAP

\$30,000 / year

HOME OCCUPATION / ZONING

Varies

LOCAL HEALTH

No

BUSINESS LICENSE

Varies

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

[Louisiana permits PDF →](https://crosodo.com/reports/pdf/permits/louisiana.pdf)

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

[Louisiana cottage food law page →](https://crosodo.com/states/louisiana)

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

[Permit page for this place →](https://crosodo.com/what-permits/louisiana/st-helena-parish)

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[St. Helena Parish cottage food law page →](https://crosodo.com/states/louisiana/st-helena-parish)

<https://crosodo.com/states/louisiana/st-helena-parish>

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

Where to file

State

Louisiana registration: No. Routine kitchen inspection: No. Most low-risk foods may be sold indirectly (to restaurants, retail stores), but breads, cakes, cookies, and pies specifically may NOT be sold to any retail business or individual for resale — they are direct-to-consumer only.

Louisiana permits PDF: crosodo.com/reports/pdf/permits/louisiana.pdf

State law page: crosodo.com/states/louisiana

Louisiana Department of Health: <https://ldh.la.gov/page/cottage-food-laws>

Statute: [La. R.S. §40:4.13](#)

Zoning / home occupation

Varies. St. Helena Parish is a small rural parish. A parish sales tax certificate is required before selling. No specific parish-level cottage food ordinance identified.

Health

No. No routine inspection required. LDH may investigate upon complaint or illness report.

Business license

Varies

Pickup / delivery

Indirect sales allowed for most low-risk foods. Direct sales permitted from home, farmers markets, events. No wholesaling to retail chains.

If you rent a commissary kitchen

LDH permits retail food. Louisiana cottage food is a home path. A commissary is a retail food establishment permitted by the Louisiana Department of Health.

Official source: [LDH retail food](#)

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://ldh.la.gov/page/cottage-food-laws>

<https://www.legis.la.gov/Legis/Law.aspx?d=98431>

St. Helena Parish and nearby places

Regulation	St. Helena Parish	East Feliciana Parish	Tangipahoa Parish
HOME KITCHEN ALLOWED	Yes	Yes	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	Pets must be excluded from food preparation areas.	Pets must be excluded from food preparation areas	Pets must be excluded from food preparation areas.
INSPECTION REQUIRED	No	No	No
ON-SITE CUSTOMER PICKUP	Yes	Yes	Yes
ON-SITE SIGNAGE	Conditional	Conditional	Conditional
DELIVERY / PICKUP	Indirect sales allowed for most low-risk foods. Direct sales permitted from home, farmers markets, events. No wholesaling to retail chains.	Direct-to-consumer (home, farmers markets, roadside stands, fairs, events, online within LA, mail within LA). Big Four direct-to-consumer o...	Indirect sales allowed for most low-risk foods. Direct sales from home, farmers markets, and events permitted.
HOME OCCUPATION PERMIT	Varies	Varies	Varies
LOCAL BUSINESS LICENSE	Varies	Varies	Yes
RESTRICTIONS	Annual gross sales capped at \$30,000. Sales of the four named baked goods categories (breads, cakes, cookies, pies) require: no employee as...	Annual sales cap \$30,000. No license, permit, or registration required (only sales tax certificates from LA Dept of Revenue and local paris...	Annual gross sales capped at \$30,000. For the four named baked goods categories (breads, cakes, cookies, pies): no employee assistance, pet...
FOOD STORAGE	Perishable ingredients must be refrigerated at 45°F or below. Finished shelf-stable products stored in food-safe containers.	Refrigeration at 45°F or below for perishable ingredients; appropriate storage for shelf-stable products	Perishable ingredients refrigerated at 45°F or below. Finished shelf-stable products stored in food-safe containers.
POPULATION	10,872	19,452	133,953

More pages for this place

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

Louisiana permits PDF: crosodo.com/reports/pdf/permits/louisiana.pdf

Louisiana cottage food law: crosodo.com/states/louisiana

St. Helena Parish cottage food law: crosodo.com/states/louisiana/st-helena-parish