

COTTAGE BAKERY FROM HOME

Can I sell from my kitchen in Aroostook County, Maine?

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

STATE FOOD PERMIT	HOME OCCUPATION	BUSINESS LICENSE	SALES CAP
Yes	Yes	Varies	—

MAINE RULES. OPEN THESE FIRST.

[Maine permits PDF](#)[Maine cottage food law page](#)[Maine Department of Agriculture, Conservation and Forestry cottage food program](#)[Statute: 7 M.R.S.A. §282 \(Food Sovereignty Act\)](#)**NOT LEGAL ADVICE**

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

What you need

Aroostook County, Maine. File every Yes. Confirm every Check or Ask. Stay under the sales cap.

STATE FOOD PERMIT

Yes

ANNUAL SALES CAP

—

HOME OCCUPATION / ZONING

Yes

LOCAL HEALTH

Yes

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

Maine permits PDF →

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

Maine cottage food law page →

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

Permit page for this place →

<https://crosodo.com/what-permits/maine/aroostook-county>

Aroostook County cottage food law page →

<https://crosodo.com/states/maine/aroostook-county>

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

Where to file

State

Maine registration: Yes. Routine kitchen inspection: Yes. Under the statewide Home Food Processor License, producers may sell at any venue including restaurants, retail stores, farmers markets, and online, with no sales limit; indirect wholesale and retail channels are allowed once licensed and kitchen-inspected.

Maine permits PDF: crosodo.com/reports/pdf/permits/maine.pdf

State law page: crosodo.com/states/maine

Maine Department of Agriculture, Conservation and Forestry: https://www.maine.gov/dacf/qar/inspection/home_food_processor.shtml

Statute: [7 M.R.S.A. §282 \(Food Sovereignty Act\)](#)

Zoning / home occupation

Yes. Maine home food processors must register with the Maine Dept of Agriculture, Conservation and Forestry. Municipalities participating in the Food Sovereignty Act may have their own ordinances. Aroostook County (largest county by area in eastern US) is very rural; most towns may or may not participate in Food Sovereignty Act.

Health

Yes. Initial inspection required for home food processor license; complaint-based follow-up

Business license

Varies

Pickup / delivery

Direct and indirect sales allowed; no out-of-state sales

If you rent a commissary kitchen

Health inspection licenses eating and lodging. Maine cottage food is separate from an eating-place license. A commissary is typically licensed as an eating place or food establishment by Health Inspection.

Official source: [Maine eating and lodging](#)

Local health office we have on file: <https://www.arostook.me.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.arostook.me.us>

https://www.maine.gov/dacf/qar/inspection/home_food_processor.shtml

Aroostook County and nearby places

Regulation	Aroostook County	Somerset County	Washington County
HOME KITCHEN ALLOWED	Yes	Yes	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	Not specified in state law	Under statewide license: 'uncontrolled children' prohibited in kitchen during production. Pets not explicitly mentioned in state rules.	Under statewide license: animals typically excluded from production areas during production.
INSPECTION REQUIRED	Yes	Yes	Yes
ON-SITE CUSTOMER PICKUP	Yes	Yes	Yes
ON-SITE SIGNAGE	Conditional	Conditional	Conditional
DELIVERY / PICKUP	Direct and indirect sales allowed; no out-of-state sales	Under statewide license: sales at farmers markets require additional Mobile Food Vendor license. Under Food Sovereignty Ordinances: direct ...	Under statewide license: direct and indirect sales allowed. Under food sovereignty ordinances: direct producer-to-consumer sales allowed. S...
HOME OCCUPATION PERMIT	Yes	Conditional	Varies
LOCAL BUSINESS LICENSE	Varies	Varies	Varies
RESTRICTIONS	Kitchen inspection required for home food processor license. Registration required. Direct-to-consumer and indirect sales allowed. Perishab...	Two pathways: (1) Statewide Home Food Processor License: requires DACF kitchen inspection, most non-TCS shelf-stable foods allowed; acidifi...	Two pathways: (1) Statewide Home Food Processor License from ME DACF — requires kitchen inspection, well/septic testing if applicable, most...
FOOD STORAGE	Appropriate storage; no perishable items under home processor pathway	Shelf-stable products under statewide license; broader foods may be permitted under Food Sovereignty Ordinances in participating municipali...	Shelf-stable foods required under statewide license. Acidified foods may require University of Maine lab approval.
POPULATION	67,237	50,656	31,096

More pages for this place

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

Maine permits PDF: crosodo.com/reports/pdf/permits/maine.pdf

Maine cottage food law: crosodo.com/states/maine

Aroostook County cottage food law: crosodo.com/states/maine/aroostook-county