

COTTAGE BAKERY FROM HOME

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

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

STATE FOOD PERMIT

Yes

HOME OCCUPATION

Varies

BUSINESS LICENSE

Varies

SALES CAP

—

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

What you need

Knox 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

Varies

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/knox-county>

Knox County cottage food law page →

<https://crosodo.com/states/maine/knox-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

Varies. Knox County municipalities vary; Knox County is confirmed as having food sovereign communities (localfoodrules.org). Individual towns within Knox County administer their own zoning.

Health

Yes. Kitchen inspection required by ME DACF for statewide Home Food Processor License. Local food sovereignty ordinances may not require inspection.

Business license

Varies

Pickup / delivery

Under statewide license: direct and indirect sales allowed. Under food sovereignty ordinances: direct producer-to-consumer sales allowed. Sellers at farmers markets need a Mobile Food Vendor license.

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.knoxcounty.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.knoxcounty.gov>

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

<https://www.localfoodrules.org/food-sovereignty-by-county/>

Knox County and nearby places

Regulation	Knox County	Waldo County	Lincoln County
HOME KITCHEN ALLOWED	Yes	Yes	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	Under statewide license: animals typically excluded from production areas during production.	Under statewide license: animals typically excluded from production areas during production.	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	Under statewide license: direct and indirect sales allowed. Under food sovereignty ordinances: direct producer-to-consumer sales allowed. S...	Under statewide license: direct and indirect sales allowed. Under food sovereignty ordinances: direct producer-to-consumer sales allowed. S...	Under statewide license: direct and indirect sales allowed. Under food sovereignty ordinances: direct producer-to-consumer sales allowed. S...
HOME OCCUPATION PERMIT	Varies	Varies	Varies
LOCAL BUSINESS LICENSE	Varies	Varies	Varies
RESTRICTIONS	Two pathways: (1) Statewide Home Food Processor License from ME DACF — requires kitchen inspection, well/septic testing if applicable, most...	Two pathways: (1) Statewide Home Food Processor License from ME DACF — requires kitchen inspection, well/septic testing if applicable, most...	Two pathways: (1) Statewide Home Food Processor License from ME DACF — requires kitchen inspection, well/septic testing if applicable, most...
FOOD STORAGE	Shelf-stable foods required under statewide license. Acidified foods may require University of Maine lab approval.	Shelf-stable foods required under statewide license. Acidified foods may require University of Maine lab approval.	Shelf-stable foods required under statewide license. Acidified foods may require University of Maine lab approval.
POPULATION	40,729	39,772	35,466

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

Knox County cottage food law: crosodo.com/states/maine/knox-county