

COTTAGE BAKERY FROM HOME

Can I sell from my kitchen in Barnstable County, Massachusetts?

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

STATE FOOD PERMIT

Yes

HOME OCCUPATION

Conditional

BUSINESS LICENSE

Varies

SALES CAP

—

MASSACHUSETTS RULES. OPEN THESE FIRST.

[Massachusetts permits PDF](#)

[Massachusetts cottage food law page](#)

[Massachusetts Department of Public Health cottage food program](#)

[Statute: 105 CMR 590.009\(D\)](#)

NOT LEGAL ADVICE

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

What you need

Barnstable County, Massachusetts. File every Yes. Confirm every Check or Ask. Stay under the sales cap.

STATE FOOD PERMIT

Yes

ANNUAL SALES CAP

—

HOME OCCUPATION / ZONING

Conditional

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.

HOW THIS PLACE WORKS

This is a city or town permit, not a county one. Massachusetts abolished county government in most of the state. A residential kitchen permit is issued by the city or town Board of Health (for example Cambridge, Lowell, or Newton), not by the county. This packet still includes the state cottage-food pages. Call the Board of Health for the city or town on your address.

Official source: [Mass.gov residential kitchen permit](https://www.mass.gov/residential-kitchen-permit)

CONTINUE ONLINE

Massachusetts permits PDF →

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

Massachusetts cottage food law page →

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

Permit page for this place →

<https://crosodo.com/what-permits/massachusetts/barnstable-county>

Barnstable County cottage food law page →

<https://crosodo.com/states/massachusetts/barnstable-county>

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

Where to file

State

Massachusetts registration: Yes. Routine kitchen inspection: Yes. Massachusetts residential kitchens are treated as food establishments, so permitted operators may sell at any venue within the state including restaurants and retail stores, without the wholesale restriction that most cottage food laws impose. Mail order and catering are prohibited. Local boards of health administer permits and may impose additional restrictions.

Massachusetts permits PDF: crosodo.com/reports/pdf/permits/massachusetts.pdf

State law page: crosodo.com/states/massachusetts

Massachusetts Department of Public Health: <https://www.mass.gov/info-details/residential-kitchen-permit-information>

Statute: [105 CMR 590.009\(D\)](#)

Zoning / home occupation

Conditional. Each Barnstable County town has its own Board of Health and zoning requirements. Residential kitchen permit (from town Board of Health) is required per 105 CMR 590.009(D). This is separate from any zoning home occupation permit. Some towns may require both. Local zoning varies by municipality.

Health

Yes. Annual kitchen inspection by local Board of Health required before permit issued; Board of Health may inspect at any time for compliance

Business license

Varies

Pickup / delivery

Direct to end consumer only; no wholesale to stores/restaurants; no mail order; no out-of-state delivery (FDA does not recognize as approved source). Sales at farmers markets and events allowed with local Board of Health approval.

If you rent a commissary kitchen

A residential kitchen permit is not a food-establishment commissary. Massachusetts residential kitchens are treated as food establishments by the city or town Board of Health. A rented commissary is a different food establishment at that board, not a home kitchen.

Official source: [Mass.gov retail food](#)

Local health office we have on file: <https://www.barnstablecounty.org>

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.barnstablecounty.org>

<https://www.mass.gov/guidance/retail-food-code-standards-for-permitted-residential-kitchens>

<https://www.mass.gov/info-details/residential-kitchen-permit-information>

Barnstable County and nearby places

Regulation	Barnstable County	Dukes County	Plymouth County
HOME KITCHEN ALLOWED	Yes	Yes	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	Not specified in state regulation; kitchen must pass Board of Health inspection	Local Board of Health standards apply; typically animals must be excluded from food prep areas during production.	No specific state cottage food pet restriction, but kitchen must pass health inspection for sanitation
INSPECTION REQUIRED	Yes	Yes	Yes
ON-SITE CUSTOMER PICKUP	Yes	Yes	Yes
ON-SITE SIGNAGE	Conditional	Conditional	Conditional
DELIVERY / PICKUP	Direct to end consumer only; no wholesale to stores/ restaurants; no mail order; no out-of-state delivery (FDA does not recognize as approve...	Direct sales only under Retail Residential Kitchen framework. Sales at farmers markets, events, online (direct-to-consumer), and personal d...	Sales directly to consumers, farmers markets (additional permit from local board of health), online sales within and outside Massachusetts....
HOME OCCUPATION PERMIT	Conditional	Varies	Varies by city
LOCAL BUSINESS LICENSE	Varies	Varies	Varies
RESTRICTIONS	Residential kitchen permit required from local Board of Health (each town administers separately). Annual kitchen inspection required befor...	Residential Kitchen permit required from local Board of Health (town-level in MA). Kitchen inspection required before permit is issued. Onl...	Residential kitchen permit required from local board of health. Kitchen inspection required before operation. Only non-TCS foods allowed. P...
FOOD STORAGE	Non-TCS non-perishable foods only; baked goods, jams, jellies, dry goods, confections	Shelf-stable products only. Foods requiring refrigeration or temperature control are not permitted under Residential Kitchen framework.	Standard home kitchen storage for approved non-TCS foods
POPULATION	229,436	20,543	529,548

More pages for this place

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

Massachusetts permits PDF: crosodo.com/reports/pdf/permits/massachusetts.pdf

Massachusetts cottage food law: crosodo.com/states/massachusetts

Barnstable County cottage food law: crosodo.com/states/massachusetts/barnstable-county