

COTTAGE BAKERY FROM HOME

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

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	—

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

What you need

Hampden 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

Yes

LOCAL HEALTH

Yes

BUSINESS LICENSE

Varies

PICKUP AT THE HOUSE

Conditional

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/hampden-county>

Hampden County cottage food law page →

<https://crosodo.com/states/massachusetts/hampden-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

Yes. Retail Residential Kitchen permit required from local town/city Board of Health. Massachusetts also requires a home occupation permit per MGL c.40A for home-based businesses in residential zones. Hampden County unincorporated areas require home occupation permit from municipality. No external evidence of business; no on-site employees beyond family; no customer traffic increase.

Health

Yes. Initial inspection required before permit issued; local Board of Health may re-inspect periodically.

Business license

Varies

Pickup / delivery

Direct-to-consumer sales permitted at farmers markets, events, and from home with permit. Mail order prohibited.

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](https://www.mass.gov/info-details/retail-food-permits)

Local health office we have on file: <https://www.hampdencounty.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.hampdencounty.gov>

<https://www.mass.gov/info-details/residential-kitchen-questions-and-answers>

<https://www.cityrulelookup.com/home-business/cottage-food/hampden-county-ma>

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

Hampden County and nearby places

Regulation	Hampden County	Hampshire County	Berkshire County
HOME KITCHEN ALLOWED	Conditional	Conditional	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	Pets should not be present during food production; standard food safety GMP applies.	Pets typically excluded from kitchen during food production per Board of Health guidelines.	Not explicitly prohibited by state regulation; individual town Boards of Health may impose additional requirements.
INSPECTION REQUIRED	Yes	Yes	Yes
ON-SITE CUSTOMER PICKUP	Conditional	Yes	Yes
ON-SITE SIGNAGE	No	Conditional	Conditional
DELIVERY / PICKUP	Direct-to-consumer sales permitted at farmers markets, events, and from home with permit. Mail order prohibited.	Direct sales and sales to retail stores allowed. No mail order or catering. Online sales limited. Each municipality's Board of Health rules...	Direct sales permitted from home, farmers markets, and retail. Online sales allowed but no mail order. Catering is prohibited. All sales wi...
HOME OCCUPATION PERMIT	Yes	Yes	Yes
LOCAL BUSINESS LICENSE	Varies	Yes	Yes
RESTRICTIONS	Massachusetts requires a Retail Residential Kitchen permit issued by the local Board of Health under 105 CMR 590. The kitchen must be inspe...	Massachusetts uses a 'residential kitchen' model: home kitchens are treated as food establishments requiring a local Board of Health permit...	Massachusetts treats home kitchens as food establishments requiring a local Board of Health permit and kitchen inspection. No statewide sal...
FOOD STORAGE	Non-TCS shelf-stable storage required. No refrigerated finished products permitted under retail residential kitchen permit.	Non-PHF foods only. No pickles, sauces, fermented foods, or items requiring variance.	Non-potentially hazardous foods not requiring refrigeration. Stored in food-safe containers.
POPULATION	464,575	153,931	128,763

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

Hampden County cottage food law: crosodo.com/states/massachusetts/hampden-county