

COTTAGE BAKERY FROM HOME

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

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

STATE FOOD PERMIT

Yes

HOME OCCUPATION

Varies by city

BUSINESS LICENSE

Varies by city

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

What you need

Middlesex 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

Varies by city

LOCAL HEALTH

Yes

BUSINESS LICENSE

Varies by city

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/middlesex-county>

Middlesex County cottage food law page →

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

Varies by city. Each city/town in Middlesex County (Cambridge, Lowell, Newton, Somerville, etc.) has its own Board of Health with its own permit fee and inspection requirements. No county-level home occupation permit — Middlesex County government was abolished in 1997.

Health

Yes. Local Board of Health inspects before issuing the Retail Residential Kitchen permit (cottage food operation) and may conduct routine and complaint-based inspections. Wholesale operations inspected by MA DPH.

Business license

Varies by city

Pickup / delivery

Retail residential kitchen: direct to consumer sales only; mail order prohibited. Wholesale residential kitchen: may sell to retailers/restaurants but needs state DPH license. Only household members may be employed in the operation.

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.mass.gov/orgs/middlesex-county-massachusetts>

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.mass.gov/orgs/middlesex-county-massachusetts>

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

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

Middlesex County and nearby places

Regulation	Middlesex County	Worcester County	Essex County
HOME KITCHEN ALLOWED	Yes	Yes	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	State baseline applies	Standard sanitation; pets excluded from food preparation areas during production is typically required	Pets typically excluded from food preparation areas per Board of Health requirements
INSPECTION REQUIRED	Yes	Yes	Yes
ON-SITE CUSTOMER PICKUP	Yes	Yes	Yes
ON-SITE SIGNAGE	Conditional	Conditional	Conditional
DELIVERY / PICKUP	Retail residential kitchen: direct to consumer sales only; mail order prohibited. Wholesale residential kitchen: may sell to retailers/rest...	No statewide cap. Sales allowed from home, at events, farmers markets, and to retail stores. Mail order prohibited. Catering prohibited und...	Sales allowed from home, events, farmers markets, and retail stores. Mail order prohibited. Catering prohibited. Wholesale may not be condu...
HOME OCCUPATION PERMIT	Varies by city	Varies by city	Varies by city
LOCAL BUSINESS LICENSE	Varies by city	Varies	Varies
RESTRICTIONS	Massachusetts has no county-level government with food safety authority — Middlesex County does not have an operational county government (...)	Massachusetts uses a residential kitchen model — home kitchen treated as food establishment requiring a local Board of Health permit and ki...	Each of Essex County's 34 municipalities administers its own Board of Health residential kitchen permit. Kitchen inspection required. No st...
FOOD STORAGE	State baseline applies	Standard food storage per residential kitchen permit requirements	Standard food storage per residential kitchen permit
POPULATION	1,623,109	858,898	806,103

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

Middlesex County cottage food law: crosodo.com/states/massachusetts/middlesex-county