

COTTAGE BAKERY FROM HOME

Can I sell from my kitchen in Carroll County, New Hampshire?

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

STATE FOOD PERMIT

Depends

HOME OCCUPATION

Conditional

BUSINESS LICENSE

Varies

SALES CAP

Tiered

NEW HAMPSHIRE RULES. OPEN THESE FIRST.

[New Hampshire permits PDF](#)[New Hampshire cottage food law page](#)[New Hampshire Department of Health and Human Services cottage food program](#)[Statute: RSA §143-A:12](#)**NOT LEGAL ADVICE**

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

What you need

Carroll County, New Hampshire. File every Yes. Confirm every Check or Ask. Stay under the sales cap.

STATE FOOD PERMIT

Depends

ANNUAL SALES CAP

Tiered

HOME OCCUPATION / ZONING

Conditional

LOCAL HEALTH

Upon-complaint

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

New Hampshire permits PDF →

<https://crosodo.com/reports/pdf/permits/new-hampshire.pdf>

New Hampshire cottage food law page →

<https://crosodo.com/states/new-hampshire>

Permit page for this place →

<https://crosodo.com/what-permits/new-hampshire/carroll-county>

Carroll County cottage food law page →

<https://crosodo.com/states/new-hampshire/carroll-county>

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

Where to file

State

New Hampshire registration: Depends. Routine kitchen inspection: Upon-complaint. Exempt operations (below sales cap) may sell at retail food stores without a license. Sales to restaurants, over the internet, by mail order, or to wholesalers/distributors require a Class H Homestead License under RSA 143-A:4. The department may inspect upon suspicion of imminent health hazard but does not conduct routine inspections of exempt operations.

New Hampshire permits PDF: [crosodo.com/reports/pdf/permits/new-hampshire.pdf](https://www.crosodo.com/reports/pdf/permits/new-hampshire.pdf)

State law page: [crosodo.com/states/new-hampshire](https://www.crosodo.com/states/new-hampshire)

New Hampshire Department of Health and Human Services: <https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

Statute: [RSA §143-A:12](#)

Zoning / home occupation

Conditional. Carroll County is a rural NH county with many municipalities. Individual towns govern their own zoning. Recommend verifying with the specific town where the operation is located (e.g., Ossipee, Conway, Wolfeboro area towns) for home occupation permit requirements.

Health

Upon-complaint. No routine inspection for exempt operations. NHDHHS may inspect upon complaint.

Business license

Varies

Pickup / delivery

Below threshold: sales from homestead, farm stand, farmers markets, and retail stores allowed without license. Above threshold: Class H license required for internet/mail order/restaurant/wholesale sales.

If you rent a commissary kitchen

DHHS licenses food service. New Hampshire homestead food is not a food-service license. A commissary is a food service establishment licensed by DHHS.

Official source: [NH food protection](#)

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

<https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

<http://www.gencourt.state.nh.us/rsa/html/X/143-A/143-A-mrg.htm>

Carroll County and nearby places

Regulation	Carroll County	Belknap County	Coos County
HOME KITCHEN ALLOWED	Yes	Yes	—
SEPARATE DEDICATED KITCHEN	No	No	—
PETS ALLOWED	Not specified in state law.	No specific state prohibition; good manufacturing practice applies	—
INSPECTION REQUIRED	Upon-complaint	Upon-complaint	—
ON-SITE CUSTOMER PICKUP	Yes	Yes	—
ON-SITE SIGNAGE	Conditional	Conditional	—
DELIVERY / PICKUP	Below threshold: sales from homestead, farm stand, farmers markets, and retail stores allowed without license. Above threshold: Class H lic...	Below sales threshold: sales from homestead, farm stand, farmers markets, retail food stores permitted without license. Above threshold: Cl...	—
HOME OCCUPATION PERMIT	Conditional	Varies	—
LOCAL BUSINESS LICENSE	Varies	Varies	—
RESTRICTIONS	Must be primary home kitchen. Non-potentially hazardous homestead food products only. Below the sales cap threshold: no license required fo...	Non-PHF homestead food products from operator's primary home kitchen may be sold without a license below the annual sales threshold. Above ...	—
FOOD STORAGE	Products must be non-potentially hazardous.	Non-PHF shelf-stable foods; processed acidified/low-acid canned foods prohibited	—
POPULATION	50,679	63,914	31,430

More pages for this place

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

New Hampshire permits PDF: crosodo.com/reports/pdf/permits/new-hampshire.pdf

New Hampshire cottage food law: crosodo.com/states/new-hampshire

Carroll County cottage food law: crosodo.com/states/new-hampshire/carroll-county