

COTTAGE BAKERY FROM HOME

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

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

STATE FOOD PERMIT

Depends

HOME OCCUPATION

Varies

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

What you need

Rockingham 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

Varies

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/rockingham-county>

Rockingham County cottage food law page →

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

Varies. No county-level home occupation permit identified for NH counties (NH counties have limited regulatory power). Municipal zoning in individual towns within Rockingham County may require home occupation permits; operator should check with local town planning

Health

Upon-complaint. Complaint-based; DHHS may inspect

Business license

Varies

Pickup / delivery

Direct from homestead, at owner's stand, or at farmers markets; limited indirect sales permitted under higher tiers

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.rockinghamcountynh.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.rockinghamcountynh.org>

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

Rockingham County and nearby places

Regulation	Rockingham County	Hillsborough County	Merrimack County
HOME KITCHEN ALLOWED	Yes	Conditional	Conditional
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	No specific state restriction; general sanitation applies	No specific restriction in state homestead food law beyond standard food safety practices.	No specific state restriction on pets in home for homestead food operations.
INSPECTION REQUIRED	Upon-complaint	Upon-complaint	Upon-complaint
ON-SITE CUSTOMER PICKUP	Yes	Yes	Yes
ON-SITE SIGNAGE	Conditional	Conditional	Conditional
DELIVERY / PICKUP	Direct from homestead, at owner's stand, or at farmers markets; limited indirect sales permitted under higher tiers	Below threshold: sell from home, farm stand, farmers markets, retail stores. Above threshold or for internet/mail/restaurant/wholesale: Cla...	Exempt operations: sales at homestead residence, farm stand, farmers markets, and retail food stores without license below the threshold. L...
HOME OCCUPATION PERMIT	Varies	Varies	Varies
LOCAL BUSINESS LICENSE	Varies	Varies	Varies
RESTRICTIONS	Non-TCS homestead food products from primary home kitchen; tiered annual sales cap with registration thresholds; labeling required; complai...	New Hampshire 'Homestead Food' law (RSA §143-A:12) allows non-PHF foods produced in the operator's primary home kitchen. Below the annual s...	New Hampshire Homestead Food Licensing: operators may sell non-PHF homestead food products from their primary home kitchen without a licens...
FOOD STORAGE	Non-TCS foods stored in sanitary conditions	Non-TCS shelf-stable products only.	Non-PHF, non-TCS foods only. Products must not require temperature control for safety.
POPULATION	315,169	422,733	153,918

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

Rockingham County cottage food law: crosodo.com/states/new-hampshire/rockingham-county