

COTTAGE BAKERY FROM HOME

Can I sell from my kitchen in Strafford 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 Strafford County. Confirm each step with Planning, Health, and the license office before you sell.

What you need

Strafford 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/strafford-county>

Strafford County cottage food law page →

<https://crosodo.com/states/new-hampshire/strafford-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. Strafford County does not have a unitary county government for zoning purposes. Municipalities (Dover, Rochester, Durham, etc.) have their own home occupation and zoning provisions. No specific county-level cottage food override identified. New Hampshire has a strong local governance tradition.

Health

Upon-complaint. NH DHHS may inspect upon complaint.

Business license

Varies

Pickup / delivery

Exempt tier: sales from homestead, farm stand, farmers markets, and retail stores. Class H license: also restaurants, internet sales, mail order, and wholesale.

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.co.strafford.nh.us>

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.co.strafford.nh.us>

<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>

<https://www.co.trafford.nh.us>

Strafford County and nearby places

Regulation	Strafford County	Merrimack County	Belknap County
HOME KITCHEN ALLOWED	Yes	Conditional	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	Not prohibited by state statute; kitchen sanitation required.	No specific state restriction on pets in home for homestead food operations.	No specific state prohibition; good manufacturing practice applies
INSPECTION REQUIRED	Upon-complaint	Upon-complaint	Upon-complaint
ON-SITE CUSTOMER PICKUP	Yes	Yes	Yes
ON-SITE SIGNAGE	Conditional	Conditional	Conditional
DELIVERY / PICKUP	Exempt tier: sales from homestead, farm stand, farmers markets, and retail stores. Class H license: also restaurants, internet sales, mail ...	Exempt operations: sales at homestead residence, farm stand, farmers markets, and retail food stores without license below the threshold. L...	Below sales threshold: sales from homestead, farm stand, farmers markets, retail food stores permitted without license. Above threshold: Cl...
HOME OCCUPATION PERMIT	Varies	Varies	Varies
LOCAL BUSINESS LICENSE	Varies	Varies	Varies
RESTRICTIONS	Two-tier system. Exempt tier (below sales cap, RSA 143-A:5(VII)): no license needed; may sell from homestead residence, farm stand, farmers...	New Hampshire Homestead Food Licensing: operators may sell non-PHF homestead food products from their primary home kitchen without a licens...	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	Non-potentially-hazardous (non-TCS) products only. Stored in food-safe containers. Label must use minimum 10-point font.	Non-PHF, non-TCS foods only. Products must not require temperature control for safety.	Non-PHF shelf-stable foods; processed acidified/low-acid canned foods prohibited
POPULATION	130,965	153,918	63,914

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

Strafford County cottage food law: crosodo.com/states/new-hampshire/strafford-county