

COTTAGE BAKERY FROM HOME

Can I sell from my kitchen in McDowell County, North Carolina?

Home kitchen sales. Not a shop or rented commercial kitchen. Last verified 2026-05-06.

STATE FOOD PERMIT

Yes

HOME OCCUPATION

Varies

BUSINESS LICENSE

Varies

SALES CAP

—

NORTH CAROLINA RULES. OPEN THESE FIRST.

[North Carolina permits PDF](#)

[North Carolina cottage food law page](#)

[North Carolina Department of Agriculture and Consumer Services cottage food program](#)

[Statute: 02 NCAC 9C.0307](#)

NOT LEGAL ADVICE

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

What you need

McDowell County, North Carolina. File every Yes. Confirm every Check or Ask. Stay under the sales cap.

STATE FOOD PERMIT

Yes

ANNUAL SALES CAP

—

HOME OCCUPATION / ZONING

Varies

LOCAL HEALTH

Yes

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

North Carolina permits PDF →

<https://crosodo.com/reports/pdf/permits/north-carolina.pdf>

North Carolina cottage food law page →

<https://crosodo.com/states/north-carolina>

Permit page for this place →

<https://crosodo.com/what-permits/north-carolina/mcdowell-county>

McDowell County cottage food law page →

<https://crosodo.com/states/north-carolina/mcdowell-county>

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

Where to file

State

North Carolina registration: Yes. Routine kitchen inspection: Yes. Home processors may sell to retail stores, restaurants, and directly to consumers. Sales at farmers markets are permitted. Labels are required for wholesale and packaged self-service retail; direct hand-to-consumer sales (e.g., from home or at events) may be exempt from affixed labels if ingredient info is available on request. NC requires annual home kitchen inspection, which is unusual among no-cap states.

North Carolina permits PDF: crosodo.com/reports/pdf/permits/north-carolina.pdf

State law page: crosodo.com/states/north-carolina

North Carolina Department of Agriculture and Consumer Services: <https://www.ncagr.gov/divisions/food-drug-protection/food-program/fdpd-food-program-home-processor>

Statute: [02 NCAC 9C.0307](#)

Zoning / home occupation

Varies. McDowell County has zoning jurisdiction in unincorporated areas. Home occupation permit may be required. Operators should contact McDowell County Planning for specific requirements.

Health

Yes. Annual inspection of home kitchen by NCDA&CS required before registration renewal each year.

Business license

Varies

Pickup / delivery

Sales permitted at farms, farm stands, farmers markets, craft fairs, home delivery, and online (within NC). Indirect sales to stores permitted under state law.

If you rent a commissary kitchen

NCDA or the local health department, depending on the food. North Carolina home processors register with NCDA. A commissary used as a food service kitchen is typically permitted by the local health department; a food manufacturing plant is NCDA. Ask the kitchen which license they operate under.

Official source: [NCDHHS food protection](#)

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

<https://www.ncagr.gov/divisions/food-drug-protection/food-program/fdpd-food-program-home-processor>

McDowell County and nearby places

Regulation	McDowell County	Rutherford County	Avery County
HOME KITCHEN ALLOWED	Yes	Yes	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	No pets allowed in the home at all — presence of pet animals in the home disqualifies the applicant under GMP requirements (21 CFR 117 Subp...	Pets in the home DISQUALIFY the applicant entirely from the NC Home Processor program	No pets allowed in the home at all — any pets in the home disqualify the applicant from the NC home processor program.
INSPECTION REQUIRED	Yes	Yes	Yes
ON-SITE CUSTOMER PICKUP	Yes	Conditional	Yes
ON-SITE SIGNAGE	Conditional	Conditional	Conditional
DELIVERY / PICKUP	Sales permitted at farms, farm stands, farmers markets, craft fairs, home delivery, and online (within NC). Indirect sales to stores permit...	Direct and indirect sales allowed; no online shipping restriction; products must be shelf-stable	Direct sales permitted at home, farmers markets, roadside stands, online, restaurants, and retail stores within North Carolina.
HOME OCCUPATION PERMIT	Varies	Varies	Varies
LOCAL BUSINESS LICENSE	Varies	Varies	Varies
RESTRICTIONS	NC state law requires annual home kitchen inspection by NCDA&CS. Pets in the home disqualify the applicant entirely. Shelf-stable, low-risk...	NC requires annual inspection by NCDA&CS. Pets in the home disqualify applicants. Kitchen must meet GMP requirements. No sales cap.	Home kitchen must pass annual inspection by NCDA&CS. Pets in the home disqualify the applicant entirely. Products must be shelf-stable; no ...
FOOD STORAGE	Shelf-stable storage required; products must be non-refrigerated.	Shelf-stable low-risk foods; proper storage required	All products must be shelf-stable. No refrigeration required for finished products. Ingredients and products stored per good manufacturing ...
POPULATION	45,593	64,680	18,289

More pages for this place

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

North Carolina permits PDF: crosodo.com/reports/pdf/permits/north-carolina.pdf

North Carolina cottage food law: crosodo.com/states/north-carolina

McDowell County cottage food law: crosodo.com/states/north-carolina/mcdowell-county