

COTTAGE BAKERY FROM HOME

Can I sell from my kitchen in Atoka County, Oklahoma?

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

STATE FOOD PERMIT	HOME OCCUPATION	BUSINESS LICENSE	SALES CAP
No	Varies	Varies	\$75,000 / year

OKLAHOMA RULES. OPEN THESE FIRST.

[Oklahoma permits PDF](#)[Oklahoma cottage food law page](#)[Oklahoma State Department of Health cottage food program](#)[Statute: 2 O.S. §5-4.1 through §5-4.6 \(Homemade Food Freedom Act\)](#)**NOT LEGAL ADVICE**

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

What you need

Atoka County, Oklahoma. File every Yes. Confirm every Check or Ask. Stay under the sales cap.

STATE FOOD PERMIT

No

ANNUAL SALES CAP

\$75,000 / year

HOME OCCUPATION / ZONING

Varies

LOCAL HEALTH

No

BUSINESS LICENSE

Varies

PICKUP AT THE HOUSE

Conditional

HOME KITCHEN ONLY

If you want a shop or a rented commercial kitchen, these rows do not apply.

CONTINUE ONLINE

[Oklahoma permits PDF →](https://crosodo.com/reports/pdf/permits/oklahoma.pdf)

<https://crosodo.com/reports/pdf/permits/oklahoma.pdf>

[Oklahoma cottage food law page →](https://crosodo.com/states/oklahoma)

<https://crosodo.com/states/oklahoma>

[Permit page for this place →](https://crosodo.com/what-permits/oklahoma/atoka-county)

<https://crosodo.com/what-permits/oklahoma/atoka-county>

[Atoka County cottage food law page →](https://crosodo.com/states/oklahoma/atoka-county)

<https://crosodo.com/states/oklahoma/atoka-county>

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

Where to file

State

Oklahoma registration: No. Routine kitchen inspection: No. Sales are permitted on site, by delivery, at farmers markets, through cooperatives, and through membership-based buying clubs. The Oklahoma Department of Agriculture, Food, and Forestry may promulgate rules to allow sales at other locations or by other means. County ordinances may regulate but may not conflict with or impede the Act. For TCS foods, the producer must complete an approved food safety training (e.g., ServSafe Food Handler Training, max 8 hours, available online) before selling.

Oklahoma permits PDF: crosodo.com/reports/pdf/permits/oklahoma.pdf

State law page: crosodo.com/states/oklahoma

Oklahoma State Department of Health: <https://oklahoma.gov/health/protective-health/consumer-health-service/food-safety/homemade-food-freedom-act.html>

Statute: [2 O.S. §5-4.1 through §5-4.6 \(Homemade Food Freedom Act\)](#)

Zoning / home occupation

Varies. No state food license required for qualifying home food establishments. Atoka County is a rural county in southeast Oklahoma; county-level zoning in unincorporated areas may apply. Contact Atoka County Clerk in Atoka for local zoning requirements.

Health

No. No routine inspection; home food establishments with under \$75,000 gross annual sales are exempt from OSDH licensure.

Business license

Varies

Pickup / delivery

Oklahoma Homemade Food Freedom Act permits direct and indirect sales (farmers markets, retail stores, online). No restriction on sales channels beyond the \$75,000 annual gross cap. Local ordinances may apply.

If you rent a commissary kitchen

A commissary is a food-service license, not Food Freedom. Oklahoma Homemade Food Freedom is a home path. A commissary is a food establishment licensed by the State Department of Health.

Official source: [Oklahoma food service](#)

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

<https://oklahoma.gov/health/protective-health/consumer-health-service/food-safety/homemade-food-freedom-act.html>

<https://occhd.org/homemadefoodfreedomact>

Atoka County and nearby places

Regulation	Atoka County	Choctaw County	Johnston County
HOME KITCHEN ALLOWED	Yes	Yes	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	No specific pet restriction in Oklahoma Homemade Food Freedom Act.	Not specified in state law; standard sanitation practices apply	Not specified in state law; standard sanitation practices apply
INSPECTION REQUIRED	No	No	No
ON-SITE CUSTOMER PICKUP	Conditional	Yes	Yes
ON-SITE SIGNAGE	Conditional	Conditional	Conditional
DELIVERY / PICKUP	Oklahoma Homemade Food Freedom Act permits direct and indirect sales (farmers markets, retail stores, online). No restriction on sales chan...	Sales allowed on-site (home), by delivery, at farmers markets, through cooperatives, and through membership-based buying clubs. Non-TCS foo...	Sales allowed on-site (home), by delivery, at farmers markets, through cooperatives, and through membership-based buying clubs. Non-TCS foo...
HOME OCCUPATION PERMIT	Varies	No	No
LOCAL BUSINESS LICENSE	Varies	No	No
RESTRICTIONS	Oklahoma's Homemade Food Freedom Act (HB 1032, eff. Nov. 1, 2021) allows production and sale of homemade food products from a private resid...	Production must occur at producer's primary residence. Annual gross sales cap of \$75,000. Non-TCS foods: no license, inspection, or registr...	Production must occur at producer's primary residence. Annual gross sales cap of \$75,000. Non-TCS foods: no license, inspection, or registr...
FOOD STORAGE	Non-TCS shelf-stable foods exempt from licensing. TCS foods permitted with food safety training completion.	Not specified in state law; standard food safety practices implied	Not specified in state law; standard food safety practices implied
POPULATION	14,117	14,672	11,085

More pages for this place

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

Oklahoma permits PDF: crosodo.com/reports/pdf/permits/oklahoma.pdf

Oklahoma cottage food law: crosodo.com/states/oklahoma

Atoka County cottage food law: crosodo.com/states/oklahoma/atoka-county