

COTTAGE BAKERY FROM HOME

Can I sell from my kitchen in Carter County, Tennessee?

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

STATE FOOD PERMIT	HOME OCCUPATION	BUSINESS LICENSE	SALES CAP
No	Varies	Varies	—

TENNESSEE RULES. OPEN THESE FIRST.

[Tennessee permits PDF](#)

[Tennessee cottage food law page](#)

[Tennessee Department of Agriculture cottage food program](#)

[Statute: Tenn. Code §53-1-125 \(Food Freedom Act\)](#)

NOT LEGAL ADVICE

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

What you need

Carter County, Tennessee. File every Yes. Confirm every Check or Ask. Stay under the sales cap.

STATE FOOD PERMIT

No

ANNUAL SALES CAP

—

HOME OCCUPATION / ZONING

Varies

LOCAL HEALTH

No

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

[Tennessee permits PDF →](#)

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

[Tennessee cottage food law page →](#)

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

[Permit page for this place →](#)

<https://crosodo.com/what-permits/tennessee/carter-county>

[Carter County cottage food law page →](#)

<https://crosodo.com/states/tennessee/carter-county>

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

Where to file

State

Tennessee registration: No. Routine kitchen inspection: No. The Tennessee Food Freedom Act (Public Chapter 862, effective July 1, 2022) broadly exempts production and sale of non-TCS homemade food items from all licensing, permitting, inspecting, packaging, and labeling laws. Sales may be direct to consumer in person or remotely. Local government ordinances restricting homemade food sales are preempted. Note: Prior to the 2022 Food Freedom Act, the older domestic kitchen regulations (TDA Chapter 0080-4-11) required a permit, inspection, and food safety certification, and limited sales to 100 units/week; the Food Freedom Act supersedes these requirements for qualifying non-TCS homemade foods.

Tennessee permits PDF: crosodo.com/reports/pdf/permits/tennessee.pdf

State law page: crosodo.com/states/tennessee

Tennessee Department of Agriculture: <https://www.tn.gov/agriculture/businesses/food/food-manufacturing/domestic-kitchen.html>

Statute: [Tenn. Code §53-1-125 \(Food Freedom Act\)](#)

Zoning / home occupation

Varies. TN Food Freedom Act preempts local food-related licensing. Carter County may have general home occupation zoning requirements for home-based businesses. Contact Carter County government in Elizabethton.

Health

No. Only DOH may investigate foodborne illness; no routine inspections.

Business license

Varies

Pickup / delivery

No restrictions on sales channels. Direct, online, delivery, pickup, and indirect sales all permitted.

If you rent a commissary kitchen

A commissary is a food-service permit. Food Freedom is not. Tennessee Food Freedom covers qualifying homemade non-TCS food. A commissary is a food service establishment permitted by the local health department.

Official source: [TN food service](#)

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

<https://www.tn.gov/agriculture/businesses/food/food-manufacturing/domestic-kitchen.html>

Carter County and nearby places

Regulation	Carter County	Johnson County	Unicoi County
HOME KITCHEN ALLOWED	Yes	Yes	—
SEPARATE DEDICATED KITCHEN	No	No	—
PETS ALLOWED	No specific TN state or Carter County rule.	No specific pet restriction in state law; standard food safety hygiene practices apply.	—
INSPECTION REQUIRED	No	No	—
ON-SITE CUSTOMER PICKUP	Yes	Yes	—
ON-SITE SIGNAGE	Conditional	Conditional	—
DELIVERY / PICKUP	No restrictions on sales channels. Direct, online, delivery, pickup, and indirect sales all permitted.	Broad — direct and indirect sales permitted. Online, in-person, delivery, farmers markets, retail stores all allowed under Tennessee Food F...	—
HOME OCCUPATION PERMIT	Varies	Varies	—
LOCAL BUSINESS LICENSE	Varies	Varies	—
RESTRICTIONS	Broad exemption for all non-TCS homemade foods produced at producer's private residence. No license, permit, inspection, or sales cap under...	Tennessee Food Freedom Act (Tenn. Code §53-1-125, effective July 1, 2022) broadly allows any non-TCS homemade food from a private residence...	—
FOOD STORAGE	Products must be non-TCS. No formal storage rules under TN Food Freedom Act.	No specific state cottage food storage requirement; non-TCS foods must be stored appropriately.	—
POPULATION	56,315	17,982	17,845

More pages for this place

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

Tennessee permits PDF: crosodo.com/reports/pdf/permits/tennessee.pdf

Tennessee cottage food law: crosodo.com/states/tennessee

Carter County cottage food law: crosodo.com/states/tennessee/carter-county