

COTTAGE BAKERY FROM HOME

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

Home kitchen sales. Not a shop or rented commercial kitchen.

STATE FOOD PERMIT

No

HOME OCCUPATION

—

BUSINESS LICENSE

—

SALES CAP

—

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

What you need

Polk 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

—

LOCAL HEALTH

—

BUSINESS LICENSE

—

PICKUP AT THE HOUSE

—

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/polk-county>

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

<https://crosodo.com/states/tennessee/polk-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

—

Health

—

Business license

—

Pickup / delivery

Ask Planning before you advertise pickup at the house.

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.polkcounty.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.polkcounty.gov>

Polk County and nearby places

Regulation	Polk County	Monroe County	McMinn County
HOME KITCHEN ALLOWED	—	—	Yes
SEPARATE DEDICATED KITCHEN	—	—	No
PETS ALLOWED	—	—	No specific TN state or McMinn County rule.
INSPECTION REQUIRED	—	—	No
ON-SITE CUSTOMER PICKUP	—	—	Yes
ON-SITE SIGNAGE	—	—	Conditional
DELIVERY / PICKUP	—	—	No channel restrictions; direct, online, retail, delivery all permitted.
HOME OCCUPATION PERMIT	—	—	Varies
LOCAL BUSINESS LICENSE	—	—	Varies
RESTRICTIONS	—	—	All non-TCS homemade foods from producer's private residence. No license, permit, inspection, or sales cap.
FOOD STORAGE	—	—	Products must be non-TCS.
POPULATION	17,620	46,489	53,532

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

Polk County cottage food law: crosodo.com/states/tennessee/polk-county