

COTTAGE BAKERY FROM HOME

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

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

STATE FOOD PERMIT

No

HOME OCCUPATION

Varies

BUSINESS LICENSE

Varies

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

What you need

Putnam 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

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

[Tennessee permits PDF →](https://crosodo.com/reports/pdf/permits/tennessee.pdf)

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

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

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

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

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

[Putnam County cottage food law page →](https://crosodo.com/states/tennessee/putnam-county)

<https://crosodo.com/states/tennessee/putnam-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. The Tennessee Food Freedom Act removes state-level licensing and permit requirements. Local zoning ordinances may apply. Putnam County does not appear to have a specific cottage food ordinance overriding state law. Verify with Putnam County and the City of Cookeville for any home occupation permit requirements.

Health

Upon-complaint. Tennessee DOH or TDA may investigate upon complaint of foodborne illness or food safety concern. No routine inspection required.

Business license

Varies

Pickup / delivery

Products may be sold at farmers markets, grocery stores, roadside stands, events, online with in-state shipping, and from the producer's home. TCS foods must be sold in person or by an agent; no third-party online platforms for TCS foods. Sales within Tennessee only.

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.putnamcounty.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.putnamcounty.gov>

<https://www.tn.gov/agriculture/consumers/food-safety/tennessee-food-freedom-act.html>

<https://utia.tennessee.edu/publications/wp-content/uploads/sites/269/2023/10/PB1909.pdf>

Putnam County and nearby places

Regulation	Putnam County	Cumberland County	White County
HOME KITCHEN ALLOWED	Yes	Yes	—
SEPARATE DEDICATED KITCHEN	No	No	—
PETS ALLOWED	Not specified in state law. Good sanitary practices expected.	No specific pet restriction in state law; standard food safety hygiene practices apply.	—
INSPECTION REQUIRED	Upon-complaint	No	—
ON-SITE CUSTOMER PICKUP	Yes	Yes	—
ON-SITE SIGNAGE	Conditional	Conditional	—
DELIVERY / PICKUP	Products may be sold at farmers markets, grocery stores, roadside stands, events, online with in-state shipping, and from the producer's ho...	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	Must be produced at a private residence. Non-TCS foods allowed without license or permit. As of 2025 amendment, most TCS foods also allowed...	Tennessee Food Freedom Act (effective July 1, 2022) broadly allows any non-TCS homemade food from a private residence. No license, permit, ...	—
FOOD STORAGE	Not specified beyond general good food safety practices. TCS foods must be handled with appropriate temperature controls.	No specific state cottage food storage requirement; non-TCS foods must be stored appropriately.	—
POPULATION	80,157	61,552	27,420

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

Putnam County cottage food law: crosodo.com/states/tennessee/putnam-county