

## COTTAGE BAKERY FROM HOME

# Can I sell from my kitchen in Essex County, Vermont?

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

STATE FOOD PERMIT

**Yes**

HOME OCCUPATION

**Conditional**

BUSINESS LICENSE

**Conditional**

SALES CAP

**\$30,000 / year**

VERMONT RULES. OPEN THESE FIRST.

[Vermont permits PDF](#)[Vermont cottage food law page](#)[Vermont Agency of Agriculture, Food and Markets; Vermont Department of Health \(Food & Lodging Program\) cottage food program](#)[Statute: 18 V.S.A. §4351; Act 42 \(2025\) cottage food operator exemption](#)**NOT LEGAL ADVICE**

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

## What you need

Essex County, Vermont. File every Yes. Confirm every Check or Ask. Stay under the sales cap.

STATE FOOD PERMIT

**Yes**

ANNUAL SALES CAP

**\$30,000 / year**

HOME OCCUPATION / ZONING

**Conditional**

LOCAL HEALTH

**Conditional**

BUSINESS LICENSE

**Conditional**

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

**Vermont permits PDF →**

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

**Vermont cottage food law page →**

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

**Permit page for this place →**

<https://crosodo.com/what-permits/vermont/essex-county>

**Essex County cottage food law page →**

<https://crosodo.com/states/vermont/essex-county>

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

## Where to file

### State

Vermont registration: Yes. Routine kitchen inspection: Upon-complaint. Food made under a license exemption cannot be sold to restaurants or other licensed food establishments. Sales must be direct to final consumers. Exempt producers must file an annual attestation with the Vermont Department of Health by January 15 each year and complete online food safety training.

Vermont permits PDF: [crosodo.com/reports/pdf/permits/vermont.pdf](https://crosodo.com/reports/pdf/permits/vermont.pdf)

State law page: [crosodo.com/states/vermont](https://crosodo.com/states/vermont)

Vermont Agency of Agriculture, Food and Markets; Vermont Department of Health (Food & Lodging Program): <https://www.healthvermont.gov/environment/food-lodging-program/home-based-food-licenses-and-exemptions>

Statute: [18 V.S.A. §4351](#); [Act 42 \(2025\) cottage food operator exemption](#)

### Zoning / home occupation

Conditional. Vermont counties have no county government and no county zoning. Producers in Essex County must contact their specific town or village planning/zoning office for home occupation requirements. Note: many small Essex County towns may have no formal zoning ordinance.

### Health

Conditional. Complaint-based; Vermont Department of Health may inspect upon complaint.

### Business license

Conditional

### Pickup / delivery

Vermont cottage food exemption: direct sales only. Farmers markets and farm stands permitted. No indirect/wholesale sales under the exemption.

### If you rent a commissary kitchen

**A licensed kitchen is not the cottage exemption.** Vermont cottage-food operator exemption is a home path. A commissary is a food and lodging establishment licensed by the Department of Health.

Official source: [Vermont food and lodging](#)

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

<https://healthvermont.gov/health-environment/food-lodging/home-based-food-establishments>

<https://legislature.vermont.gov/statutes/section/18/085/04351>

## Essex County and nearby places

| Regulation                 | Essex County                                                                                                                                    | Orleans County                                                                                                                                  | Caledonia County                                                                                                                                |
|----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| HOME KITCHEN ALLOWED       | Yes                                                                                                                                             | Yes                                                                                                                                             | Yes                                                                                                                                             |
| SEPARATE DEDICATED KITCHEN | No                                                                                                                                              | No                                                                                                                                              | No                                                                                                                                              |
| PETS ALLOWED               | No explicit statutory pet restriction under the cottage food exemption.                                                                         | No explicit statutory pet restriction under the cottage food exemption.                                                                         | No explicit statutory pet restriction under the cottage food exemption.                                                                         |
| INSPECTION REQUIRED        | Conditional                                                                                                                                     | Conditional                                                                                                                                     | Conditional                                                                                                                                     |
| ON-SITE CUSTOMER PICKUP    | Conditional                                                                                                                                     | Conditional                                                                                                                                     | Conditional                                                                                                                                     |
| ON-SITE SIGNAGE            | Conditional                                                                                                                                     | Conditional                                                                                                                                     | Conditional                                                                                                                                     |
| DELIVERY / PICKUP          | Vermont cottage food exemption: direct sales only. Farmers markets and farm stands permitted. No indirect/ wholesale sales under the exempti... | Vermont cottage food exemption: direct sales only. Farmers markets and farm stands permitted. No indirect/ wholesale sales under the exempti... | Vermont cottage food exemption: direct sales only. Farmers markets and farm stands permitted. No indirect/ wholesale sales under the exempti... |
| HOME OCCUPATION PERMIT     | Conditional                                                                                                                                     | Conditional                                                                                                                                     | Conditional                                                                                                                                     |
| LOCAL BUSINESS LICENSE     | Conditional                                                                                                                                     | Conditional                                                                                                                                     | Conditional                                                                                                                                     |
| RESTRICTIONS               | Vermont state cottage food operator exemption (Act 42, 2025; 18 V.S.A. §4351) applies. Gross annual sales must be \$30,000 or less. Vermont ... | Vermont state cottage food operator exemption (Act 42, 2025; 18 V.S.A. §4351) applies. Gross annual sales must be \$30,000 or less. Vermont ... | Vermont state cottage food operator exemption (Act 42, 2025; 18 V.S.A. §4351) applies. Gross annual sales must be \$30,000 or less. Vermont ... |
| FOOD STORAGE               | Proper storage; cottage foods must not require refrigeration or temperature control for safety.                                                 | Proper storage; cottage foods must not require refrigeration or temperature control for safety.                                                 | Proper storage; cottage foods must not require refrigeration or temperature control for safety.                                                 |
| POPULATION                 | 5,976                                                                                                                                           | 27,459                                                                                                                                          | 30,418                                                                                                                                          |

## More pages for this place

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

Vermont permits PDF: [crosodo.com/reports/pdf/permits/vermont.pdf](https://crosodo.com/reports/pdf/permits/vermont.pdf)

Vermont cottage food law: [crosodo.com/states/vermont](https://crosodo.com/states/vermont)

Essex County cottage food law: [crosodo.com/states/vermont/essex-county](https://crosodo.com/states/vermont/essex-county)