

COTTAGE BAKERY FROM HOME

Can I sell from my kitchen in New Hampshire?

Home kitchen sales in New Hampshire. Then check your city or county. Not a shop or rented commercial kitchen. Last verified 2026-05-05.

STATE FOOD PERMIT	KITCHEN INSPECTION	SALES CAP	PLACES IN THIS FILE
Depends	Upon-complaint	Tiered	10

NEW HAMPSHIRE RULES

[New Hampshire cottage food law page](#)

[New Hampshire Department of Health and Human Services cottage food program](#)

[Statute: RSA §143-A:12](#)

NOT LEGAL ADVICE

This is what the state asks for a home cottage bakery. Local zoning still applies even when the state requires no food permit.

What the state asks

Registration: Depends. Routine inspection: Upon-complaint. Sales cap: Tiered.

Exempt operations (below sales cap) may sell at retail food stores without a license. Sales to restaurants, over the internet, by mail order, or to wholesalers/distributors require a Class H Homestead License under RSA 143-A:4. The department may inspect upon suspicion of imminent health hazard but does not conduct routine inspections of exempt operations.

New Hampshire Department of Health and Human Services: <https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

Statute: [RSA §143-A:12](#)

New Hampshire cottage food law: crosodo.com/states/new-hampshire. Pick your city or county: crosodo.com/what-permits.

New Hampshire counties and independent cities

Each city or county can add zoning and a business license. Independent cities are listed separately from the surrounding county.

Place	Home occupation	Business license	Pickup
Cheshire County	Conditional	Varies	Yes
Carroll County	Conditional	Varies	Yes
Belknap County	Varies	Varies	Yes
Rockingham County	Varies	Varies	Yes
Strafford County	Varies	Varies	Yes
Grafton County	Varies	Varies	Conditional
Merrimack County	Varies	Varies	Yes
Hillsborough County	Varies	Varies	Yes
Coos County	—	—	—
Sullivan County	—	—	—