LABEL MOCKUP · IA

Iowa Cottage Food Label Template

Print-ready layout using Crosodo labeling research and official agency sources. Educational only — verify wording with your state agency before production.

Vol. 1 · 2026 · crosodo.com/resources

How to use this template

Replace product name, business name, address, ingredients, and net weight for each SKU. Keep allergen statements in plain English. Do not paraphrase required disclaimer language when the state mandates exact wording.

Federal baseline (every state builds on this)

Most cottage food laws assume you still follow core federal food-labeling ideas for packaged foods sold to consumers. States add home-kitchen disclaimers, registration numbers, county names, or exact wording on top.

Product identity: Common or usual name of the food (plain English).

Ingredients: List in descending order of predominance by weight, including sub-ingredients where required.

Major allergens (FALCPA / FASTER Act): Milk, eggs, fish, Crustacean shellfish, tree nuts, peanuts, wheat, soybeans, and sesame — declare when present (e.g. “Contains: Wheat, Milk”).

Net quantity: Net weight or volume in U.S. customary (and often metric) units.

Producer identity: Name and contact/address or a state-allowed substitute ID number.

State cottage disclaimer: Exact “made in a home kitchen / not inspected” wording when the statute mandates it.

FDA food labeling overview: https://www.fda.gov/food/food-labeling-nutrition

Major food allergens (FDA): https://www.fda.gov/food/food-labeling-nutrition/food-allergies

FALCPA background: https://www.fda.gov/food/food-allergensgluten-free-guidance-documents-regulatory-information/food-allergen-labeling-and-consumer-protection-act-2004-falcpa

How to use each state page

- Copy the **required disclaimer exactly** when the state publishes mandated wording (often all caps).
- Replace product name, bakery name, address or registration ID, ingredients, allergens, and net weight for every SKU.
- Open the **official agency URL** on the page and re-check before market season — legislatures amend cottage food acts frequently.
- Pair this pack with Crosodo’s official label-example screenshots and free per-state PDFs at https://crosodo.com/resources/label-templates

Educational templates only. Not legal advice and not a substitute for official agency forms or counsel.

Iowa labeling notes

Statute: Iowa Code §137F.1 / §137F.20

Font requirement: (none specified)

Required disclaimer: This product was produced at a residential property that is exempt from state licensing and inspection.

Summary: Labels must include: name and address (or phone or email) of the producer, common name of the food, ingredients in descending order of predominance, and the statement 'This product was produced at a residential property that is exempt from state licensing and inspection.' Major allergens must also be identified on the label.

Label mockup

Sourdough Loaf

Your Home Bakery

Ingredients: wheat flour, water, salt, sourdough starter (flour, water).

Contains: Wheat.

Net Wt 16 oz (454 g)

123 Market St, Your City, IA 00000

THIS PRODUCT WAS PRODUCED AT A RESIDENTIAL PROPERTY THAT IS EXEMPT FROM STATE LICENSING AND INSPECTION.

Sources & citations

Official sources for Iowa

State agency: https://dia.iowa.gov/food-safety/home-food-establishment

Statute / code: https://www.legis.iowa.gov/docs/code/137F.pdf

Cooperative Extension: https://store.extension.iastate.edu/Product/Iowa-Home-Food-Processing-Establishments

Forrager state guide: https://forrager.com/law/iowa/

Crosodo directory: https://crosodo.com/states/iowa

Crosodo labeling guide: https://crosodo.com/blog/iowa-cottage-food-labeling

Matrix last reviewed: 2026-06-23

Not legal advice. Crosodo aggregates public agency guidance for cottage bakers. Always re-check current rules before selling.