

COTTAGE FOOD LAW REPORT

Strafford County

New Hampshire · Dover · FIPS 33017 · Population 130,965 ·
Crosodo Index #2456*

STATE BASELINE	STATE TIER	ANNUAL SALES CAP (STATE)	CONFIDENCE	LAST VERIFIED
RSA §143-A:12	Good	Tiered	MEDIUM	2026-05-05

IMPORTANT — NOT LEGAL ADVICE

This report compiles publicly-available statutes, regulations, and county zoning rules into a research reference. It is **not legal advice** and is provided **without warranty** as to accuracy, completeness, or current applicability.

Cottage food law changes frequently. Counties may amend zoning, health departments may issue new permits, and state legislatures may update statutes after the publication date shown above.

Always verify rules directly with your state department of health/agriculture and your county health and planning offices before relying on them for any business or regulatory decision. Consult a licensed attorney for advice specific to your situation.

How to start — 60-second path

Strafford County, New Hampshire — permit, pickup, and label steps before the full county rules.

HOME KITCHEN ALLOWED?

Yes

STATE SALES CAP

Tiered

HOME OCCUPATION PERMIT?

Varies

ON-SITE / PORCH PICKUP?

Yes

INSPECTION

Upon-complaint

PETS

**Not prohibited by state statute;
kitchen sanitation required.**

BEFORE YOU SELL FROM THIS ADDRESS

- ☐ **1. Menu** — Confirm each product under New Hampshire cottage food rules (county cannot expand a state ban).
- ☐ **2. Pickup & zoning** — Home occupation and porch pickup cells above; HOA/lease may still block customer traffic.
- ☐ **3. Local tax / license** — Business license or sales tax certificate if your city/parish requires it (common even with no state food permit).
- ☐ **4. Training** — Food handler or state registration before market day.
- ☐ **5. Labels** — Disclaimer, allergens, ingredients, net quantity, producer info.
- ☐ **6. Call if unclear** — County health and planning for your exact address.

LABEL FIELDS TO INCLUDE

- ☐ Product name · producer name · address (or allowed alternative)
- ☐ Ingredients by weight · major allergens · net weight/quantity
- ☐ New Hampshire home-kitchen disclaimer (see live label one-pager)

CONTINUE ONLINE

[Open the live county page →](#)

[New Hampshire label one-pager →](#)

[Local notes & questions →](#)

Planning path only — not legal advice. Rules change. Always verify with state and local offices before selling.

NEW HAMPSHIRE: STRAFFORD COUNTY

CROSODO INDEX #2456* · FIPS 33017 · Dover

Strafford County

Population 130,965 · State baseline: RSA §143-A:12 · MEDIUM

QUICK VIEW FOR BAKERS IN THIS COUNTY

HOME KITCHEN ALLOWED?

Yes (Two-tier system. Exempt tier (below sales cap, RSA 143-A:5(VII)): no license needed; may sell from homestead residence, farm stand, farmers markets, and retail food stores. Non-exempt tier (above sales cap, or selling to restaurants/internet/mail/wholesale): Class H Homestead License required (\$150 fee). Potentially hazardous foods (TCS) prohibited.)

SEPARATE KITCHEN REQUIRED?

No

PETS ALLOWED?

Not prohibited by state statute; kitchen sanitation required.

HOME OCCUPATION PERMIT?

Varies (Strafford County does not have a unitary county government for zoning purposes. Municipalities (Dover, Rochester, Durham, etc.) have their own home occupation and zoning provisions. No specific county-level cottage food override identified. New Hampshire has a strong local governance tradition.)

ON-SITE / PORCH PICKUP?

Yes

INSPECTION REQUIRED?

Upon-complaint (NH DHHS may inspect upon complaint.)

Home kitchen rules

HOME KITCHEN ALLOWED

Yes — Two-tier system. Exempt tier (below sales cap, RSA 143-A:5(VII)): no license needed; may sell from homestead residence, farm stand, farmers markets, and retail food stores. Non-exempt tier (above sales cap, or selling to restaurants/internet/mail/wholesale): Class H Homestead License required (\$150 fee). Potentially hazardous foods (TCS) prohibited.

SEPARATE DEDICATED KITCHEN

No

PET RESTRICTIONS

Not prohibited by state statute; kitchen sanitation required.

WATER SUPPLY

Potable water required.

HANDWASHING

Required per good food safety practices.

FOOD STORAGE

Non-potentially-hazardous (non-TCS) products only. Stored in food-safe containers. Label must use minimum 10-point font.

Inspection & permitting

INSPECTION REQUIRED

Upon-complaint — NH DHHS may inspect upon complaint.

HOME OCCUPATION PERMIT

Varies — Strafford County does not have a unitary county government for zoning purposes. Municipalities (Dover, Rochester, Durham, etc.) have their own home occupation and zoning provisions. No specific county-level cottage food override identified. New Hampshire has a strong local governance tradition.

LOCAL BUSINESS LICENSE

Varies

Customer-facing rules

ON-SITE CUSTOMER PICKUP	Yes
ON-SITE SIGNAGE	Conditional
DELIVERY / PICKUP RULES	Exempt tier: sales from homestead, farm stand, farmers markets, and retail stores. Class H license: also restaurants, internet sales, mail order, and wholesale.
MAX EMPLOYEES IN HOME	Not specified.

Relevant county code

RSA §143-A:12; RSA §143-A:5(VII) (sales threshold for license requirement).

RESEARCH NOTES

State baseline (NH) confirmed: RSA §143-A:12, two-tier homestead food system, \$150 Class H license. Strafford County govt URL confirmed (co.strafford.nh.us). Strafford County includes Dover and Durham (UNH). NH has strong local zoning control through towns. County follows state baseline. Confidence medium.

SOURCES VERIFIED AT RESEARCH TIME

<https://www.co.strafford.nh.us>

<https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

<http://www.gencourt.state.nh.us/rsa/html/X/143-A/143-A-mrg.htm>

<https://www.co.strafford.nh.us>

Questions about this county? Local notes and a place to leave a question: crosodo.com/nb/new-hampshire/strafford-county-discuss

Bordering counties — cottage food law

Regulation	Strafford County	Merrimack County	Rockingham County
HOME KITCHEN ALLOWED	Yes	Conditional	Yes
SEPARATE DEDICATED KITCHEN	No	No	No
PETS ALLOWED	Not prohibited by state statute; kitchen sanitation required.	No specific state restriction on pets in home for homestead food operations.	No specific state restriction; general sanitation applies
INSPECTION REQUIRED	Upon-complaint	Upon-complaint	Upon-complaint
ON-SITE CUSTOMER PICKUP	Yes	Yes	Yes
ON-SITE SIGNAGE	Conditional	Conditional	Conditional
DELIVERY / PICKUP	Exempt tier: sales from homestead, farm stand, farmers markets, and retail stores. Class H license: also restaurants, internet sales, mail ...	Exempt operations: sales at homestead residence, farm stand, farmers markets, and retail food stores without license below the threshold. L...	Direct from homestead, at owner's stand, or at farmers markets; limited indirect sales permitted under higher tiers
HOME OCCUPATION PERMIT	Varies	Varies	Varies
LOCAL BUSINESS LICENSE	Varies	Varies	Varies
RESTRICTIONS	Two-tier system. Exempt tier (below sales cap, RSA 143-A:5(VII)): no license needed; may sell from homestead residence, farm stand, farmers...	New Hampshire Homestead Food Licensing: operators may sell non-PHF homestead food products from their primary home kitchen without a licens...	Non-TCS homestead food products from primary home kitchen; tiered annual sales cap with registration thresholds; labeling required; complai...
FOOD STORAGE	Non-potentially-hazardous (non-TCS) products only. Stored in food-safe containers. Label must use minimum 10-point font.	Non-PHF, non-TCS foods only. Products must not require temperature control for safety.	Non-TCS foods stored in sanitary conditions
POPULATION	130,965	153,918	315,169

State context — New Hampshire cottage food law

Strafford County's rules sit on top of New Hampshire's state cottage food framework. The state law sets the floor — counties can add but cannot remove protections.

STATUTE	ANNUAL SALES CAP
RSA §143-A:12	Tiered
REGISTRATION REQUIRED	FOOD HANDLER CERT
Depends	No
KITCHEN INSPECTION	DIRECT SALES ONLY
Upon-complaint	No
INDIRECT SALES	
Limited (see notes) — 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.	

For the full state-level analysis including the verbatim statute text, see the **New Hampshire cottage food law report** on Crosodo, or open the live guide: crosodo.com/states/new-hampshire.

STATE-LEVEL REFERENCES

State statute: <http://www.gencourt.state.nh.us/rsa/html/X/143-A/143-A-mrg.htm>

State dept cottage food page: <https://www.dhhs.nh.gov/programs-services/food-protection/homestead-food-licensing>

Forrager.com: <https://forrager.com/law/new-hampshire/>

Questions about Strafford County? Local notes and a place to leave a question are on Crosodo. We monitor new threads — start with zoning, permits, or porch pickup.

crosodo.com/nb/new-hampshire/strafford-county-discuss

Classifieds

Resources for cottage food & home bakers · crosodo.com/advertise

NATIONAL

SUPPLIES

Advertise here — Supplies

Reach home bakers across the country. crosodo.com/advertise

COURSES

Advertise here — Courses

Reach home bakers across the country. crosodo.com/advertise

INSURANCE

Advertise here — Insurance

Reach home bakers across the country. crosodo.com/advertise

LOCAL

Advertise here

Reach home bakers in Strafford County, New Hampshire. Supply stores, farmers markets, kitchen rentals, and bakery services welcome.

crosodo.com/advertise

Your business here

Local cottage food listings, kitchen rentals, co-packer referrals, and community events — post yours on Crosodo.

crosodo.com/nb/new-hampshire/strafford-county-discuss

Free ad space available

Let us know if you're a non-profit or community organization. Farmers markets, kitchen rentals, and cottage food events near you welcome.

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