

The "Cans" and "Cannots" of Cottage Foods in Iowa

The term "**Cottage Rules**" refers to regulations that allow individuals to cook, bake, and prepare foods in their home and sell them to the public. The foods produced are referred to as **Cottage Foods**. Rules pertaining to Cottage Foods vary from state to state. The rules listed here are specific to Iowa.

Cottage Foods must meet **ALL** of the following criteria:

- The food is prepared in a private residence
- The food does not require temperature control to ensure safety
- The food is sold directly from the producer to the consumer
- The food is properly labeled









A proper label for a Cottage Food must include **ALL** of the following:

- Information to identify the name and address, phone number, or email address of the person preparing the food
- The common name of the food
- The ingredients of the cottage food in descending order of predominance
- The following statement: **"This product was produced at a residential property that is exempt from state licensing and inspection."**
- If the cottage food contains one or more major food allergen (eggs, nuts, soy, peanuts, milk, wheat, fish, or shellfish), an allergen statement must be included on the label **identifying each major allergen contained in the food** by the common name of the allergen
- If the food is home-processed and home-canned pickles, vegetables, or fruits permitted under the cottage food law, the **date the food was processed and canned**

Cottage Rules **do not** allow the following to be sold:

- Any food that must be kept hot or cold for safety
- Milk or milk products regulated under Iowa Code Chapter 192
- Meat, meat food products, poultry, or poultry food products regulated under Iowa Code Chapter 189A

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CAN	CANNOT
Food that is shelf stable (not time or temperature controlled for safety) 	Raw doughs
Loaf bread, rolls, biscuits 	Low acid canned foods
Pastries and cookies 	Fish
Candies and confections 	Game animals
Fruit pies 	Unpasteurized juices
Jams, jellies, and preserves (must meet Standard of Identity in CFR 21 Part 150) 	Raw sprout seeds
Cereal, trail mixes, granola 	Bottled water, packaged ice
Pickled or acidic foods, including salsa and sauerkraut 	Milk, milk products