**🍪 Maryland Cottage Food Rules**

**What’s a Cottage Food Business?**  
It’s when you make food in your home kitchen to sell at a farmers’ market, a fair, from your house, or by mail (but only in Maryland).

**✅ Foods You CAN Sell**

* Cookies, brownies, cakes (no cream filling)
* Breads, muffins, tortillas
* Fruit pies (apple, peach, cherry, etc.)
* Jams, jellies, fruit butters (from fruits like apple, grape, or strawberry)
* Candy that doesn’t melt easily (like lollipops, toffee, brittles)
* Popcorn, kettle corn, nuts, trail mix
* Tea or spice mixes

**❌ Foods You CANNOT Sell**

* Anything that must be kept cold (cheesecake, pumpkin pie, cream pies, banana bread, etc.)
* Pickles, salsa, barbecue sauce, ketchup, mustard
* Meat, chicken, fish, shellfish
* Milk products (butter, cheese, yogurt, ice cream)
* Fresh-cut fruit or veggies
* Drinks (like coffee, juice, kombucha, etc.)

**🏷 Labels (Every Package Must Say)**

1. Your name and address
2. What the food is called
3. List of ingredients
4. Allergens (milk, eggs, nuts, soy, wheat, etc.)
5. Weight/amount
6. This exact note:  
   **“Made by a cottage food business that is not subject to Maryland’s food safety regulations.”**

**🍪 Samples**

* You can give out samples **only if they are safe at room temperature**.
* Cut and pack them at home—no slicing at the market.