



Maryland Cottage Food Business Labeling Guide

[Allowable foods](#) produced under the cottage foods regulation ([Code of Maryland Regulations 10.15.03.27](#)) must be prepackaged at the cottage food business and labeled with the following information:

- The name and address* of the cottage food business;
- The name of the cottage food product;
- The ingredients (and sub-ingredients) of the cottage food product in descending order of the amount of each ingredient by weight;
- The net weight, count, or net volume of the cottage food product;
- Allergen information as specified by federal labeling requirements;
- Nutritional information as specified by federal labeling requirements, if any health or nutritional information claim is made; and
- Printed in 10 point or larger type in a color that provides a clear contrast to the background of the label: “Made by a cottage food business that is not subject to Maryland’s food safety regulations.”
- Labels must be submitted in English;
- For cottage food products sold at retail stores, labels must additionally include:
 - The phone number and e-mail address of the cottage food business; and
 - The date the product was made.

* **Unique identification number** - A cottage food business may request from the Maryland Department of Health a unique identification number (ID#) to use on the label as an alternative to a business address. If a unique ID# is used, the label must additionally include the name and phone number of the cottage food business. To obtain a unique ID #, the business must submit a request to the Maryland Department of Health via the [Cottage Food Business Request Form](#).

Sample Cottage Food Labels:

Label with or without a Unique Identification Number issued by the Department

<p>Chocolate Chip Cookies with Walnuts Delicious Desserts Any Street (may substitute with Unique ID#) Any City, MD Any Zip (may substitute with Unique ID#) Phone Number (if using Unique ID#)</p> <p>Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin and folic acid), butter (milk, salt), semi-sweet chocolate chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, natural flavors) walnuts, sugar, eggs, salt, artificial vanilla extract (water, caramel color, vanillin, citric acid, and sodium benzoate as preservatives, ethyl vanillin and artificial flavor), baking soda (sodium bicarbonate).</p> <p>Contains: Wheat, eggs, milk, soy, walnuts</p> <p>Net Wt. 3 oz. / 85 grams</p> <p>“Made by a cottage food business that is not subject to Maryland’s food safety regulations.”</p>

The address may be substituted with a unique identification number if one has been issued to the cottage food business by the Department. The cottage food business’ phone number must be included. **Note: All labels must be submitted in English.*

Label for food sold to a retail food store

<p>Chocolate Chip Cookies with Walnuts Delicious Desserts Any Street (may substitute with Unique ID#) Any City, MD Any Zip (may substitute with Unique ID#) Phone Number E-mail address</p> <p>Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin and folic acid), butter (milk, salt), semi-sweet chocolate chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, natural flavors) walnuts, sugar, eggs, salt, artificial vanilla extract (water, caramel color, vanillin, citric acid, and sodium benzoate as preservatives, ethyl vanillin and artificial flavor), baking soda (sodium bicarbonate).</p> <p>Contains: Wheat, eggs, milk, soy, walnuts</p> <p>Net Wt. 3 oz. / 85 grams</p> <p>Date Made: 1/2/2021</p> <p>“Made by a cottage food business that is not subject to Maryland’s food safety regulations.”</p>

Ingredients - Ingredients must be listed in order of prominence, by weight

Sub-ingredients - These are ingredients within your main ingredient(s).
Helpful tip: Examine the labels for each of your ingredients and list all of those ingredients in parenthesis on your label as sub-ingredients. It is important to include all sub-ingredients to protect consumers that have allergies, as these allergies may be life threatening.

Product Name - This should be a common, easily recognizable name that states any potential allergens.
Example: If your chocolate chip cookies have walnuts in them, you should name them, you should name your cookie: "chocolate chip walnut cookie".

Label with or without a Unique Identification Number issued by the Department

Chocolate Chip Cookies with Walnuts
Delicious Desserts
Any Street (may substitute with Unique ID#)
Any City, MD Any Zip (may substitute with Unique ID#)
Phone Number (if using Unique ID#)

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin and folic acid), butter (milk, salt), semi-sweet chocolate chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, natural flavors) walnuts, sugar, eggs, salt, artificial vanilla extract (water, caramel color, vanillin, citric acid, and sodium benzoate as preservatives, ethyl vanillin and artificial flavor), sodium bicarbonate.
Contains: Wheat, eggs, milk, soy, walnuts

Net Wt. 3 oz. / 85 grams

"Made by a cottage food business that is not subject to Maryland's food safety regulations."

**The address may be substituted with a unique identification number if one has been issued to the cottage food business by the Department. The cottage food business' phone number must be included.*

Cottage Food Statement - Cottage food business disclaimer. This **must** be worded exactly as stated in the regulations and must be a **minimum 10 point font or larger** in clear contrast to the background on the label, for legibility:
"Made by a cottage food business that is not subject to Maryland's food safety regulations."

Contains statement - A separate contains statement is only optional if you choose option 2 (see below). You must identify if any of your ingredients are made from one of the following food groups: milk, eggs, wheat, peanuts, soybeans, sesame, fish (such as sea bass, flounder, cod, etc.), crustaceans (such as crab, lobster, shrimp, etc.) and tree nuts (such as almonds, pecans, walnuts, etc.) and any food ingredient that contains proteins derived from milk, egg, fish, crustaceans, tree nuts, wheat, peanuts, soybeans or sesame.

For example, if you have an ingredient made with a wheat-based product, you have two options:

1. Include the allergen in the ingredient list. If your product is a white bread with the following ingredient listing: whole wheat flour, water, salt and yeast. In this example, the statement "whole wheat flour", meets requirements of federal law.
2. Include an allergen statement ("Contains:") after the ingredient list. If your product is a white bread, with the following ingredients: whole wheat flour, water, sodium caseinate, salt and yeast. Contains: wheat and milk. The "contains statement" reflects all the allergens found in the product. In this example, the sodium caseinate comes from milk.

NOTE: Your labels must contain all the above information



Maryland Cottage Food Business
Sample Two-Piece Label
March 2025

Label with or without Unique ID Number:

Front Label

<p>Chocolate Chip Cookies with Walnuts Delicious Desserts Any Street (may substitute with Unique ID#) Any City, MD Any Zip (may substitute with Unique ID#) Phone Number (if using Unique ID#)</p> <p>Net Wt. 3 oz. / 85 grams</p> <p>“Made by a cottage food business that is not subject to Maryland’s food safety regulations.”</p>

Note: All labels must be in English.

*The address may be substituted with a unique identification number if one has been issued to the cottage food business by the Department. The cottage food business’ phone number must be included.

Back Label

<p>Chocolate Chip Cookies with Walnuts Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin and folic acid), butter (milk, salt), semi-sweet chocolate chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, natural flavors), walnuts, sugar, eggs, salt, artificial vanilla extract (water, caramel color, vanillin, citric acid, and sodium benzoate as preservatives, ethyl vanillin and artificial flavor), baking soda (sodium bicarbonate).</p> <p>Contains: Wheat, eggs, milk, soy, walnuts</p>

Sales to Retail Food Stores:

Front Label

<p style="text-align: center;">Chocolate Chip Cookies with Walnuts Delicious Desserts Any Street (may substitute with Unique ID#) Any City, MD Any Zip (may substitute with Unique ID#) Phone Number Email Address Net Wt. 3 oz. / 85 grams “Made by a cottage food business that is not subject to Maryland’s food safety regulations.”</p>
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Note: All labels must be in English.

* Phone number, e-mail address and date made are mandatory for sales in a Retail Food Store.

Back Label

<p style="text-align: center;">Chocolate Chip Cookies with Walnuts Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin and folic acid), butter (milk, salt), semi-sweet chocolate chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, natural flavors), walnuts, sugar, eggs, salt, artificial vanilla extract (water, caramel color, vanillin, citric acid, and sodium benzoate as preservatives, ethyl vanillin and artificial flavor), baking soda (sodium bicarbonate).</p> <p>Contains: Wheat, eggs, milk, soy, walnuts</p>	<p>Date Made: __/__/__</p>
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Fillable Sample Cottage Food Labels:

Label with or without a Unique Identification Number issued by the Department

Product Name:

Business Name:

Address (may substitute with Unique ID#):

City, MD Zip (may substitute with Unique ID#):

Phone Number (if using only Unique ID#, you must provide):

Ingredients and Sub-ingredients:

Contains (Must include all major allergens):

Net volume, weight or quantity of product:

“Made by a cottage food business that is not subject to Maryland’s food safety regulations.”

**The address may be substituted with a unique identification number if one has been issued to the cottage food business by the Department. The cottage food business’ phone number must be included.*

Label for food sold to a retail food store

Product Name:

Business Name:

Street Address (may substitute with Unique ID#):

City, MD Zip (may substitute with Unique ID#):

Phone Number:

E-mail address:

Ingredients and Sub-Ingredients:

Contains (Must include all major allergens):

Net volume, weight or quantity of product:

Date product made:

“Made by a cottage food business that is not subject to Maryland’s food safety regulations.”

** Your phone number, e-mail address and date made are mandatory for sales in a Retail Food Store.*

Label Key:

Product Name - This should be a common, easily recognizable name that states any potential allergens (ex. -If your chocolate chip cookies have walnuts in them, you should name your cookie "Chocolate Chip Walnut Cookie").

Ingredients - Ingredients in descending order of prominence by weight.

Sub-ingredients - These are ingredients within your main ingredient(s). Helpful Tip: examine the labels for each of your ingredients and list all of those ingredients in parenthesis on your label as sub-ingredients. Typically the only ingredients that do not have sub-ingredients are raw products (ex. -eggs, walnuts, etc.). It is important to include all sub-ingredients to protect consumers that have allergies, as these allergies may be life threatening.

Contains Statement - A separate contains statement is only optional if you choose option 2 (see below). You must identify if any of your ingredients are made from one of the following food groups: milk, eggs, wheat, peanuts, soybeans, fish (such as bass, flounder, or cod), crustacean (such as crab, lobster or shrimp), sesame and tree nuts (such as almonds, pecans or walnuts) and any food ingredient that contains proteins derived from milk, egg, fish, crustaceans, tree nuts, wheat, peanuts, sesame, or soybeans.

For example, if you have an ingredient made with a wheat-based product, you have two options:

1. Include the allergen in the ingredient list. If your product is a white bread with the following ingredient listing: whole wheat flour, water, salt, yeast. In this example, the statement "whole wheat flour", meets the requirements of the law.
2. Include an allergen statement ("Contains:") after the ingredient list. If your product is a white bread, with the following ingredients" whole wheat flour, water, sodium caseinate, salt, yeast. Contains wheat and milk. The "contains:" statement reflects all the allergens found in the product. In this example the sodium caseinate comes from the milk.

Note: The "Contains" statement reflects all the allergens found in the product. In this example, the sodium caseinate comes from milk and would be required to be declared in the product.

Cottage Food Statement - Cottage food business disclaimer. This must be worded exactly as stated in the regulations and must be in 10 pt. font or larger in clear contrast to the background on the label for legibility: "Made by a cottage food business that is not subject to Maryland's food safety regulations."

NOTE - Your labels must contain all of the above information.