

Items prohibited for sale under Iowa cottage food law

The following items may NOT be sold under Iowa cottage food law:

1. Any food that must be kept hot or cold for safety;
2. Milk or milk products regulated under [Iowa Code Chapter 192](#). Contact the Iowa Department of Agriculture and Land Stewardship's [Dairy Products Control Bureau](#) with any questions; or
3. Meat, meat food products, poultry, or poultry food products regulated under [Iowa Code Chapter 189A](#). Contact the Iowa Department of Agriculture and Land Stewardship's [Meat and Poultry Inspection Bureau](#) with any questions.

About home-canned pickles, vegetables, and fruits

“Cottage food” MAY include home-canned pickles, vegetables or fruits if ALL of the following apply:

1. The product has a pH value of 4.60 or lower or a water activity (Aw) of .85 or lower;
2. Each batch is measured by a pH meter or (Aw) meter;
3. Each container is properly labeled, including the date the food was produced and canned; and
4. The producer provides documentation to the regulatory authority upon request, including at the point of sale.

Labeling requirements for cottage foods

Cottage food labels **MUST** contain the following information:

1. Information to identify the name and address, phone number, or email address of the person preparing the food;
2. The common name of the food;
3. The ingredients of the cottage food in descending order of predominance;
4. The following statement: **“This product was produced at a residential property that is exempt from state licensing and inspection.”**;
5. If the cottage food contains one or more major food allergens, an additional allergen statement must be included on the label identifying each major allergen contained in the food by the common name of the allergen; and
6. If the food is home-processed and home-canned pickles, vegetables, or fruits permitted under this section, the date that the food was processed and canned.