



**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”).

General Required Information – **ALL** labels must contain all of these pieces of information.

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), and tree nuts (such as almonds, pecans, coconut or walnuts) and any food ingredient that contains proteins derived from milk, egg, fish, crustacea, tree nuts, wheat, peanuts, 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 and yeast. In this example, the statement “whole wheat flour”, meets the 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.

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.**