

# Labelling requirements



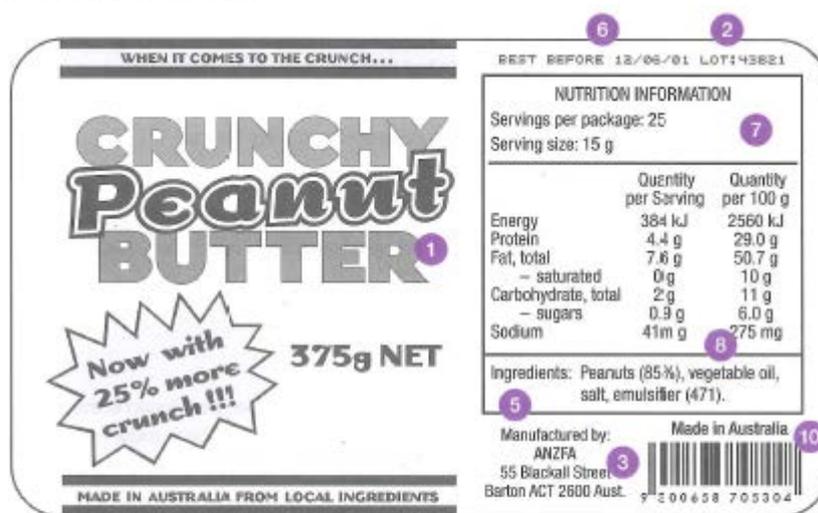
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Environmental Health

## General labelling requirements - what must appear?

The purpose of this guideline is to assist you with meeting labelling requirements under the Food Standards Code. In most circumstances packaged foods for retail sale are required to bear a label however there are some exceptions.

The following is an example of core labelling requirements that will apply to most foods. See the numbering below for further details.



- 4 Please note that in this case a warning and advisory statement is not required as the name of the food clearly indicates the contents.
- 9 Please note that this particular product does not require special directions for use or storage.

### 1 The name of the food [Standard 1.2.2]

Package foods must be labelled with a name or a description that will not mislead consumers. For some foods the Code defines the name of a food as a *prescribed name* and that name must appear on the label, e.g. honey, formulated supplementary sports food.

### 2 The lot identification [Standard 1.2.2]

Generally, food labels must contain information identifying the premises where the food was packed or prepared and the lot or batch. The lot is required on packaged food to assist in the rare event of a food recall. A lot number should identify the batch from which the food was manufactured. These requirements are usually satisfied if the product is properly date marked and shows the business address of the manufacturer.

LABELLING REQUIREMENTS

### 3 Name and business address in Australia [Standard 1.2.2]

For food recall and contact purposes the label must include the name and business address of the manufacturer, packer, vendor or importer of the food. The address must include the street number, the street name, the town or suburb and, the state or territory. A post office box is not sufficient.

### 4 Mandatory warning and advisory statements and declarations [Standard 1.2.3]

Mandatory advisory and warning information is required on the labels of the following foods:

- Foods containing added phytosterols esters or tall oil phytosterols;
- Unpasteurised milk and unpasteurised liquid milk products;
- Unpasteurised egg products;
- Some milk, evaporated or dried milk and some equivalent beverages or products made from soy or cereals.

Mandatory advisory statements are required on the labels of the following foods or *when present as an ingredient in food*:

- Bee pollen or propolis;
- Cereal based beverages;
- Kola drinks with added caffeine;
- Aspartame;
- Quinine;
- Guarana or extracts of guarana; and
- Lactitol, maltitol, xylitol, mannitol, sorbitol, erythritol, isomaltol, and polydextrose above certain limits.

### 5 Ingredient listing [Standard 1.2.3, Standard 1.2.4]

The label of a package of food must list all the ingredients and compound ingredients (including food additives) used in the manufacture of the food. A compound ingredient means an ingredient of a food that is itself made up of two or more ingredients, e.g. spaghetti, which is made up of flour, egg and water.

Ingredients must be listed in descending order of ingoing weight. This means that the ingredient present in the greatest proportion is listed first and so on.

In the case of some ingredients, a generic listing may be used, e.g. herbs, meat, milk protein, however you must be specific about the species of crustacea, type of nut and if oils used are of animal or vegetable origin.

#### **Declaration of certain substances [Standard 1.2.4]**

Certain ingredients that may cause a reaction in some consumers must be declared (including when present as a processing aid). These ingredients are:

- cereals containing gluten;
- crustacea;
- egg;
- fish;
- milk;
- tree nuts;

- sesame seed;
- peanuts;
- caffeine;
- soybeans, and
- sulphite additives when present at more than 10mg/kg.

Listing any of the above foods in the ingredient list is sufficient to satisfy this requirement.

## 6 Date marking [Standard 1.2.5]

Generally, all packaged food with a life of 2 years or less must show a date-mark. The date that you use can be determined by laboratory testing or by experimenting yourself with shelf life and keeping records.

The “BEST BEFORE” form of date mark will be used on most packaged foods. A food with a ‘BEST BEFORE’ date mark can be sold after that date has expired, provided it is safe and suitable for consumption. If you believe that for health and safety reasons a food should not be consumed after a certain date the “USE BY” form of date mark must be used. Foods labelled “USE BY” cannot be sold after the date shown.

## 7 Nutrition information panel [Standard 1.2.8]

Generally, all packaged food labels must include a nutrition information panel.

The only exceptions to this requirement are: *foods sold at fundraising events; small packages; fruits, vegetables, meat, poultry or fish sold as single ingredients; alcoholic beverages; herbs, herbal infusion and spices; vinegar; salt; tea and coffee; gelatine; defined additives or processing aids; water including mineral and spring water; jam setting compound; kits for producing alcoholic beverages; kava and sandwiches, rolls, bagels and similar products.*

For foods which require a nutrition information panel, the following is an example of a standard format:

Packet of 4 frozen pies		Nutrition information	
Example 1	Servings per package - 4    Serving size - 175g		
		Quantity per 175g serving	Quantity per 100g
	Energy	1615kJ	923kJ
	Protein	25.9g	14.8g
	Fat		
	- Total	20.6g	11.8g
	- Saturated	10.0g	5.76g
	Carbohydrate	23.6g	13.5g
	- Sugars	1.2g	0.7g
	Sodium	471mg	269mg

The words ‘serving size’ may be replaced with the words ‘slice’, ‘pack’, or ‘package’ or other common units of measure as appropriate.

The FSANZ website provides an online tool to calculate nutrition information panel values. Go to [www.foodstandards.gov.au](http://www.foodstandards.gov.au) and type *Nutrition Panel Calculator* into the search box.

## 8 Characterising ingredients (percentage labelling)

### [Standard 1.2.10]

There are some exemptions but generally characterising ingredients must be declared on the label as a percentage of the final food. The 'characterising ingredients' are usually mentioned in the name of the product or highlighted on the label. It is the main ingredient you would expect to find in the food. The percentage declaration is calculated on the basis of the ingoing weight of the characterising ingredient or component.

For example, the characterising ingredient is a 'meat pie' is meat and the food label must state the percentage of meat in the pie, as in the example below:

#### Ingredient label from a "meat pie"

Example

##### INGREDIENTS

WHEAT FLOUR, MEAT (MINIMUM 25%), WATER, ANIMAL AND VEGETABLE FAT, ONION POWDER, HYDROLYSED VEGETABLE PROTEIN, EGG, THICKENER (410), SUGAR, MINERAL SALT (450), SALT, COLOUR (150a), HERBS, PRESERVATIVE (223).

## 9 Directions for use or storage [Standard 1.2.6]

Any *storage conditions* that are necessary to ensure that a food will keep for the period indicated by the date mark must be shown. For example, Store below 5°C, refrigerate after opening, store in a cool dry place etc.

## 10 Country of Origin [Standard 1.2.11]

A label on a package of food must include a statement that identifies the either:

1. the country where the food was made, produced or grown; or
2. the country where the food was manufactured or packaged and that the food is a mix of ingredients imported into that country or a mix of local and imported ingredients.

New country of origin food labelling system commences on 1 July 2018. Information about the new labels is available from the Department of Industry website <http://www.foodlabels.industry.gov.au/>

Whole or cut fruit and vegetables must display a Country of Origin statement on the package (if packaged) or on signs.

## What foods are exempt from bearing a label?

Food for retail sale or catering purposes (foods for use in restaurant, schools, canteens, caterers or self-catering institutions where food is offered for immediate consumption) is exempt from labelling where the food is:

- not in a package;
- in an inner package not designed for individual sale;
- made and packaged on the premises from which it is sold;
- packaged in the presence of the purchaser;

- whole or cut fresh fruit and vegetables in packaging that does not obscure the nature or quality (does not include sprouting seeds or similar products);
- delivered packaged and ready for consumption at the express order of the purchaser;
- sold at a fundraising event.

**Please note:** Even when exempt from bearing a label, certain information about a food must be available to the consumer, either verbally or in writing, at the point of sale.

## Further information

This is a guideline only. For more information, please contact the Environmental Health Unit at the Shire of Augusta Margaret River on 9780 5255. Alternatively, ANZFA publishes a user guide to food labelling and provides specific and detailed information on labelling requirements at [www.foodstandards.gov.au](http://www.foodstandards.gov.au)