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LABELLING REQUIREMENTS FOR FOOD SOLD AT MARKETS

This information pack is a guide for people who wish to produce food at home for sale at markets.

Legislation covering the labelling of food products has recently been introduced to ensure the public are better informed on the ingredients contained in foods, particularly in respect to nutrition and food allergies.

What am I required to have on the label?

The following information, where necessary, is to be included on the label:

- Name of product.
- Name and address of business (not a post office box).
- Batch number or date of manufacture.
- List of ingredients.
- The percentage of the key or characteristic ingredients of the food product.
- Mandatory warnings for specific food substances.
- The best before or use by date.
- A Food Nutrition Table.
- Any specific directions for use and storage of the food product.
- The net weight of the product.

How should the ingredients be listed?

The ingredients are to be listed *in descending order of ingoing weight* and are to be clearly legible.

What does the percentage of the key ingredient mean?

Food products that have a key ingredient like strawberries in strawberry jam need to state a percentage of that ingredient within the food product *by providing the percentage following the ingredient*. You can do this in the list of ingredients. For example *strawberries (40%)*. This information allows the consumer to compare similar products.

Why do I have mandatory food warning?

A mandatory food warning is essential when a food contains an ingredient that may cause a sensitivity reaction to some consumers.

What foods require a mandatory food warning?

There are different levels of required warnings, however generally food products prepared at home and sold at markets do not require a specific mandatory food

warning. If the following ingredients are used in a food product they should be included in the list of ingredients and highlighted.

- cereals containing gluten
- crustacea (shellfish)
- eggs
- fish
- milk
- peanuts
- soybeans
- nuts and sesame seeds
- added sulphites at certain levels
- propolis
- bee pollen

If the food product contains any of the following ingredients then specific warning notices do apply. (Further information can be obtained from Council's Environmental Health Department.)

- unpasteurised milk and/or their products.
- quinine
- unpasteurised eggs and/or their products.
- royal jelly
- phenylalanine
- aspartame
- caffeine
- guarana
- lactitol, maltitol, maltitol syrup
- mannitol, xylitol, erythritol, isomalt, polydextrose
- sorbitol above specific levels
- kava
- modified or skim milk
- condensed milk

Do I use a best before or a use by date?

Food products are to be provided with a use by or best before date. Food that must be consumed before a certain date (of a perishable nature), for health and safety reasons must have a *use by date and it is illegal to sell the product after this date*. These types of food *are not permitted* to be made in home kitchens.

Foods that have a shelf life of less than two years must have a *best before date*. An example of this type of food could be cakes, jams and pickle onions. The dates are to be expressed in chronological order. For example day, month and year. Where the best before date is not more than three months, the date can consist solely of the day and month.

My product needs to be stored correctly – how do I ensure this?

Where the food product requires specific storage or use to ensure the health and safety of the consumer this information must be included on the label. For example if

the product is jam or a chutney the wording *Refrigerate after opening* would be appropriate.

How do I state the weight of my product?

The net weight of a product is to be included on the label. The unit of weight measurement shall be the largest available unit. e.g. 750ml is preferred to 0.750L, 1kg is preferred to 1000g.

What size print do I use?

The print size of the weight depends upon the size of the package.

For packages –

Maximum dimension of package:	Font size
80mm or under	2.0 mm
Between 80 mm and 160 mm	2.5 mm
Between 160 mm and 260 mm	3.3 mm
Over 260 mm	5.0 mm

For bottles -

Height of bottle:	Font size
120 mm and under	2.0 mm
Between 120 and 230 mm	2.5 mm
Between 230 mm and 360mm	3.3 mm
Over 360 mm	4.8 mm

What else should be on the food label?

The label is to be legible, prominent and in English.

The label is to include the name and address of the manufacturer and the date the food product was made.

So what should my label look like?

Below is an example of a label for a fruitcake.

<p style="text-align: center;">FRUIT CAKE</p> <p>S. Smith 1 Jones St. ALBANY WA 6330 Tel 98 99 4444</p> <p>Ingredients: Dried fruit (35%), plain flour, butter, nuts, eggs, sugar, milk, water, orange peel, baking soda.</p> <p>Made on Best before date</p> <p style="text-align: center;">Net Weight 750 grams</p>

(Note: As the dimension of the cake is between 80 and 160 mm the required minimum letter height for the weight text is 2.5 mm.)

**** DISCLAIMER ****

This information sheet is a guide only. Verification with original Local Laws, Acts, Planning Schemes, and other relevant documents is recommended for detailed references. The City of Albany accepts no responsibility for errors or omissions.

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