

Food labelling requirements



Mandatory information (what must be on the label)



**What type of
information is
provided on food
labelling?**

**Can information
on food labelling help
you make informed
and healthy food
choices?**

Food Labelling



What is food labelling?

- Information provided by food businesses about their products.
- Relevant to all food that is sold to the consumer directly as well as food sold to cafés, restaurants and other catering establishments.
- Controlled by law so it is accurate and not misleading.

Why is it important?

- Educates the consumer about the food they buy.
- Helps consumers to make informed choices.
- Helps consumers to store and use the food safely.

Information on food labels must be:

- Clearly legible
- Easily visible
- Marked in an obvious way
- Not hidden.



Mandatory information (what must be on the label)



Deep Fill STEAK & ALE Puff Pastry Pie

TENDERISED IRISH BEEF STEAK IN OUR TRADITIONAL PALE ALE GRAVY, TOPPED WITH GOLDEN FLAKY PASTRY

SERVES 3

Each 1/3 pie serving contains

	PER 100g	PER 1/3	PER 100g	PER 1/3
ENERGY	2824	2824	1124	242
FAT	28.2g	28.2g	2.4g	1.2g
SATURATES	7.6g	13.9g	20g	
CARBOHYDRATES	25.6g	46.9g	260g	
OF WHICH SUGARS	1.3g	2.4g	90g	
PROTEIN	10.2g	18.7g	50g	
SALT	0.7g	1.2g	6g	

Use by: 21 Jul

Keep Refrigerated

550g

Tenderised Irish beef and onion in traditional Pale Ale gravy, in shortcrust pastry and topped with a puff pastry lid

INGREDIENTS

Beef (31%), Wheat Flour (Wheat Flour, Calcium Fumarate, Iron, Niacin (B3), Thiamine), Water, Pastry (Margarine, Rapeseed Oil, Water, Salt), Pale Ale (8.0%) (Barley), Cornflower, Pork Lard, Onions (2.9%), Milk, Beef Bouillon (Salt, Dried Beef Extract, Potato Starch, Sugar, Wheat Flour, Dried Onion, Dried Beef Fat, Citric Acid, Black Pepper), Salt, Pork Gelatine, Barley Malt Extract, Black Pepper

ALLERGY ADVICE! For allergen ingredients in bold.

NO ARTIFICIAL COLOURS, FLAVOURS OR HYDROGENATED FAT

As a guide, we recommend this product provides: 3 servings

NUTRITION

	Per 100g	Per 1/3	Reference Intake
	1196kJ	2191cal	8400kJ
	286kcal	524kcal	2000kcal
Fat	15.4g	28.2g	70g
Of which Saturates	7.6g	13.9g	20g
Carbohydrates	25.6g	46.9g	260g
Of which Sugars	1.3g	2.4g	90g
Protein	10.2g	18.7g	50g
Salt	0.7g	1.2g	6g

COOKING INSTRUCTIONS

To Oven Cook

- Remove all packaging
- Pre-heat oven and place the pie in its foil onto a baking tray on the middle shelf

From Chilled: 180°C/350°F Fan 140°C/Gas 4 35 MINS

From Frozen: 180°C/350°F Fan 140°C/Gas 4 50 MINS

- Check product is piping hot before serving
- Do not reheat

We have given you these cooking instructions as a guide only.

STORAGE

Keep refrigerated. Suitable for freezing. Freeze on purchase and consume within one month. Defrost before cooking.

Once defrosted, do not re-freeze.

CHOSEN BY YOU

We are so confident about the quality of our products that if you are not 100% satisfied – simply return the pack and contents to store on your next visit OR phone 1800 098 0101.

Produced in Ireland, beef from Ireland, packed in the Ireland for Food Stores Limited, Dublin.

CONTACT INFORMATION

Consumer Food Division, FoodCo, Po Box 1113, Dublin 7

Made in Ireland

- The name of the food
- List of ingredients
- The quantity of certain ingredients
- Net quantity
- Instructions for use (if needed)
- Indication of minimum durability ('Use by' or 'best before' dates)
- Storage conditions and/or conditions of use
- Name or business name and address of the food business operator
- Place of origin or provenance (if implied)
- Food allergens (14 in total plus their derivatives)
- Nutrition information
- Alcohol strength (for beverages with more than 1.2% alcohol)

Mandatory information (what must be on the label)



**Why is it
important to know
the ingredients
in a food?**



**Do you check
the ingredients
contained
in foods?**



**Can information on
food labelling help
you cut down on
food waste?**



Mandatory information (what must be on the label)



1. The name of the food

It is illegal for food to have false or misleading names or descriptions.



Correct name



Incorrect name

Q. Why is it incorrect?

A. The name is not precise enough to inform the consumer of the true nature of the product

Mandatory information (what must be on the label)



2. List of ingredients

- > The list of ingredients on a food label must have a heading that includes the word 'ingredients.'
- > Ingredients have to be listed in descending order (highest to lowest) of weight when the product was prepared.

Steak and Kidney Pie

Ingredients:

Wheat Flour, Water, Vegetable Oil (Rapeseed Oil), Beef (13%), Beef Kidney (10%), Onion, Cornflour, Salt, Dextrose, Yeast Extract, Malted **Barley** Extract, **Milk** Proteins, Black Pepper, Onion Powder, Glucose Syrup.

Fish Fingers

INGREDIENTS

Cod (65%), Batter (Water, **Wheat** Flour, Starch (**Wheat**, Potato), Salt, Corn Flour, Vegetable Oil (Palm Oil), Raising Agents (Diphosphates, Sodium Carbonates), Skimmed **Milk** Powder, Dextrose), Breadcrumbs (**Wheat** Flour, Yeast, Water, Salt, Spices, Vegetable Oil (Rapeseed Oil), Colour (Capsanthin)), Vegetable Oil (Sunflower Oil).

Mandatory information (what must be on the label)



3. Quantity of certain ingredients

- When an ingredient appears in the name of the food, or is associated with the food, or is emphasised in the labelling, the quantity of the ingredient should be shown to make sure that consumers are not misled.
- This is the Quantitative Ingredient Declaration (QUID).



Ingredients:

Beef (31%) Fortified Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Pastry Margarine [Palm Oil, Rapeseed Oil, Water, Salt], **Pale Ale** (8.0%) (**Barley**), Cornflower, Pork Lard, Onions (2.9%), **Milk**, Beef Bouillon [Salt, Dried Beef Extract, Potato Starch, Sugar, **Wheat** Flour, Dried Onion, Dried Beef Fat, Citric Acid, Black Pepper], Salt, Pork Gelantine, **Barley** Malt Extract, Black Pepper.

Allergy Advice! for allergens see ingredients in bold.
NO ARTIFICIAL COLOURS, FLAVOURS OR HYDROGENATED FAT

Examples of QUID

Mandatory information (what must be on the label)



4. Net quantity

- This is the weight or volume of the product without the packaging.
- It must be provided in metric units (kilos and grams or litres and millilitres).
- In addition it can appear in lbs and oz also.



Net quantity



Net quantity

Mandatory information (what must be on the label)



5. Instructions for use

These are the manufacturer's instructions for preparing the food.

Instructions for use on a dry product

Preparation Method



1. Empty contents of the sachet into saucepan

2. Gradually add 850ml (1.5pts) of cold water stirring constantly



3. Bring to the boil, reduce heat, partially cover & simmer for 5 minutes, stirring occasionally

4. Serve & Enjoy!

Instructions for use on a fridge product

Cooking Instructions

Adjust times according to the particular oven.

Oven from Frozen:

Remove outer packaging leaving the pie in the foil. Place on a baking tray in the centre of a pre-heated oven at 180°C/160°C Fan 350°F/Gas Mark 4 for 40 minutes.

Instructions for use on a freezer product



Oven

15–20
mins

190°C/375°F
Gas Mark 5

- Remove outer packaging and film lid.
- Place on a baking tray in the centre of a pre-heated oven for 15–20 minutes.

Mandatory information (what must be on the label)



6. Indication of minimum durability

This information is about the storage and use of food which aims to help consumers to use food safely and reduce waste.

There are two main types of date marks required

1. Best before

Best Before End **12 2014**

- This date mark appears on most pre-packaged foods.
- Consumers can use the food after this date but it may not be best quality.

2. Use by

Use by:
21 Jul
Keep Refrigerated

- This date mark appears on perishable foods.
- Consumers risk food poisoning if they use the food after this date.

Mandatory information (what must be on the label)



7. Storage conditions and/or conditions for use

Following these instructions makes sure the food will last as long as the date shown if it hasn't been opened, or that it remains safe after opening.

Examples


Storage conditions for a dry product

Store in a cool, dry place

Storage conditions for a fridge product

Storage
▪ Keep refrigerated

Storage conditions for a freezer product

 **STORAGE CONDITIONS**
Store frozen below -18°C
Do not refreeze once thawed

Making healthy food choices



How does information on food labelling help you make informed food choices?

What can you check for on food labelling to reduce food waste?

Mandatory information (what must be on the label)



End of Topic 1 Session 1



Mandatory information (what must be on the label)



What types of nutrition information can be found on food labelling?

Is it important to know where a food is produced?

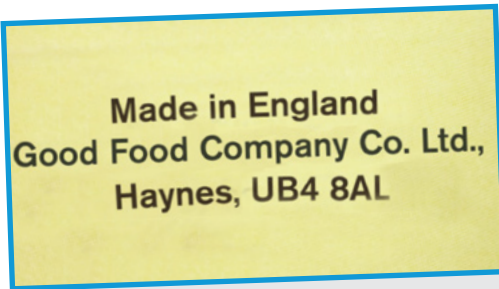
How are food allergens highlighted on food labelling?

Mandatory information (what must be on the label)



8. The name or business name and address of the food business operator

The label should contain the name or business name and address of the food business operator in the European Union.



Mandatory information (what must be on the label)



9. Place of origin or provenance

Place of origin or provenance becomes mandatory on a label if the name implies that the food comes from or has been made in a different country to where it was produced.

For example:

Salmon smoked in Ireland but made from Norwegian salmon should not be described as 'Irish smoked salmon' but as 'Norwegian salmon smoked in Ireland,' or 'Imported salmon smoked in Ireland.'

If the Norwegian salmon had been labelled as 'Irish smoked salmon' in the example below this would be incorrect, because it implies that the salmon came from Ireland when it is in fact Norwegian.

Correct



Incorrect

















Mandatory information (what must be on the label)



10. Food allergens

- > Food allergy, food intolerance and coeliac disease can cause some people to become ill.
- > It is important that food labels help people with a food allergy or food intolerance to make safe food choices.
- > There are 14 food allergens (including derivatives) that by law must be emphasised in the ingredients list on the label if they are used in the production of the food.

Peanuts		Nuts*		Cereals containing gluten** (wheat, barley, rye, oats, spelt and kamut)		Eggs			
Milk		Fish		Lupin		Mustard		Sesame seeds	
Molluscs (such as mussels and oysters)		Crustaceans (such as lobster and crab)		Soybeans		Celery		Sulphur dioxides and sulphites	

* Specifically almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts and macadamia nuts.

** Food that is labelled 'gluten free' contains less than 20mg/kg gluten.
Food that is labelled 'very low gluten' contains less than 100mg/kg gluten.

Mandatory information (what must be on the label)



10. Food allergens

- Manufacturers must emphasise the 14 food allergens in the ingredients list through a typeset that distinguishes it from the rest of the list of ingredients, for example by means of font or style, by bolding, underlining or capitalising the type.
- In addition manufacturers can include an allergy advice box on the label which signposts the consumer to the ingredients list where allergens are emphasised.

Example of bold type

Ingredients:

Wheat Flour, Water, Vegetable Oil (Rapeseed Oil), Beef (13%), Beef Kidney (10%), Onion, Cornflour, Salt, Dextrose, Yeast Extract, Malted **Barley** Extract, **Milk** Proteins, Black Pepper, Onion Powder, Glucose Syrup

ALLERGY ADVICE

For Allergens see ingredients in bold

Example of underlined type

Ingredients:

Wheat Flour, Water, Vegetable Oil (Rapeseed Oil), Beef (13%), Beef Kidney (10%), Onion, Cornflour, Salt, Dextrose, Yeast Extract, Malted Barley Extract, Milk Proteins, Black Pepper, Onion Powder, Glucose Syrup

ALLERGY ADVICE

For Allergens see ingredients underlined

Example of capitalised type

Ingredients:

WHEAT Flour, Water, Vegetable Oil (Rapeseed Oil), Beef (13%), Beef Kidney (10%), Onion, Cornflour, Salt, Dextrose, Yeast Extract, Malted BARLEY Extract, MILK Proteins, Black Pepper, Onion Powder, Glucose Syrup

ALLERGY ADVICE

For Allergens see ingredients in capitals

Mandatory information (what must be on the label)



11. Nutrition information

When does nutrition information have to be provided?

- > Has to be provided if there is a nutrition claim, for example low fat, or a health claim, for example fibre helps maintain a healthy digestion on the label.
- > Must refer to 100g or 100ml amounts (allows consumer to compare products in different package sizes).
- > Must be provided in a tabular or linear format.
- > Most pre-packed foods will have to provide nutrition information from 13 Dec 2016.

Nutrition information

Tabular

	Per 100g
Energy	1500 kJ/356 kcal
Fat	7.4g
of which Saturates	1.1g
Carbohydrates	58.1g
of which Sugars	16.8g
Protein	9.9g
Salt	Below 0.1g

Linear

PER 100G

Energy 1500kJ/356kcal, **Fat** 7.4g of which saturates 1.1g, **Carbohydrates** 58.1g of which sugars 16.8g, **Protein** 9.9g, **Salt** below 0.1g

Mandatory information (what must be on the label)



12. Alcohol strength

Alcohol strength must be provided if a drink contains more than 1.2% alcohol.



For more information visit www.yourdrinking.ie



Making healthy food choices



Why are food allergens emphasised in the list of ingredients in food labelling?

How can the nutrition information on food labelling help you compare foods and make healthier food choices?

Why would you contact a food business operator once you have bought or consumed a product they produced?

Mandatory information (what must be on the label)



End of Topic 1 Session 2

