

## 5 Do all foods require a label?

Food does not require a label if:

- ✓ The food is other than in a package;
- ✓ The food is in an inner package not designated for individual sale;
- ✓ The food is made and packaged on the premises from which it is sold;
- ✓ The food is packaged in the presence of the purchaser;
- ✓ The food is whole or cut fresh fruit and vegetables (except sprouting seeds or similar products) in packages that do not obscure the nature or quality of the fruit and vegetables;
- ✓ The food is delivered packaged, and ready for consumption, at the express order of the purchaser;
- ✓ The food is sold at a fund raising event; or
- ✓ The food is packaged and displayed in an assisted service display cabinet.

Whilst the abovementioned list is exempt from the general labelling requirements, they must still carry:

- ✓ Name or description of food\*;
- ✓ Mandatory warning and advisory statements and declarations\*;
- ✓ Directions for use or storage\*;
- ✓ Nutritional Information Requirements – Where a nutritional claim is made\*;
- ✓ Characterising ingredients and components of food\*;
- ✓ Country of Origin Requirements\*;
- ✓ Food produced using gene technology\*;
- ✓ Irradiation of food\*; and

- ✓ Certain requirements for products containing meat or meat products, fish or fish products, kava, formulated caffeine beverages and supplementary sports food\*.

\* must be displayed on or in connection with the display of the food or provided to the purchaser upon request

## 6 Where can I get more information on Food Labelling?

Information regarding food labelling can be found from the Food Standards Australia New Zealand (FSANZ) website:

[www.foodstandards.gov.au](http://www.foodstandards.gov.au)

Or alternatively contact the Council's Environmental Health Officer

PO Box 220 / DX 70506  
19 King Edward Street  
Ulverstone Tasmania 7315  
Tel 03 6429 8900  
Fax 03 6425 1224  
admin@centralcoast.tas.gov.au  
[www.centralcoast.tas.gov.au](http://www.centralcoast.tas.gov.au)

# Food Labelling

Issue: February 2012



Food labels provide consumers with a wide range of information on products. Information on food labels vary from lists of ingredients to food additives (if any).

In Tasmania it is a requirement under the *Food Act 2003* (the Act) for any food business that produces or sells food to meet the relevant labelling requirements.

### 1 Why do we need to label foods?

Not only is it a requirement under the Act, food labels provide consumers with vital information about that food.

Food labels inform consumers about what is in a product, if the food contains anything that they may be allergic to, if the food is fresh or out of date and how to store, prepare and cook the food.

### 2 What must food labels contain?

The Food Standards Code (the Code) sets out the requirements a label must have:

- ✓ Name or description of the food
- ✓ Identification of the 'lot' number
- ✓ Name and business address of supplier
- ✓ List of ingredients
- ✓ Date mark
- ✓ Nutritional information panel (NIP)
- ✓ Country of origin
- ✓ Warning and advisory statements

### 3 What does each requirement mean?

#### **Name of description of food**

Food names can be either be prescribed by the Code (e.g. Infant Formula) or a name/description that describes the true nature of the food (e.g. Banana Bread)

For example, it would not be sufficient to label a chocolate bar as a 'Space Bar', as this does not indicate the nature of the food to the consumer. The manufacturer must include a description of the food, e.g. Honey nougat covered in milk chocolate.

#### **Lot Identification**

Lot identification is used in the rare event of a food recall. Lot numbers identify the batch the food was made in and also the premises where it was prepared packed and/or packed.

#### **Name and business address**

Suppliers must include their name and business address on the label. PO Box addresses are not a sufficient address.

#### **List of Ingredients**

Ingredients are always listed from greatest to smallest according to how much they weigh at the time they were added to the food.

#### **Date Mark**

Date marks tell the consumer about the safe shelf life of the food. All food with a shelf life of less than two years must be date marked. There are differing date marks that can be used.

*Use By:* Foods must be eaten or thrown out by that date. The food is no longer considered safe to eat. It is illegal to sell food past their use by date

*Best Before:* Foods are still safe to eat after this date as long as they are not damaged, deteriorated or perished. Food can legally be sold past their best before date.

*Baked-for/Baked-on:* This date mark is used for bread with a shelf life of less than seven days.

#### **Nutritional Information Panel (NIP)**

The NIP is used to compare the key nutrient contents of food. NIP can be generated through the Food Standards Australia New Zealand (FSANZ) website [www.foodstandards.gov.au](http://www.foodstandards.gov.au)

#### **Warning and advisory statements**

If a food contains an ingredient or compound of an ingredient that can cause a severe adverse reaction then it must be declared on the label, no matter how small the amount.

Example Label:

Just Like Nannas Scones		
NUTRITION INFORMATION		
Servings per package:	4.00	
Serving size:	100.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1880 kJ	1880 kJ
Protein	9.1 g	9.1 g
Fat, total	12.9 g	12.9 g
- saturated	7.8 g	7.8 g
Carbohydrate	72.1 g	72.1 g
- sugars	18.0 g	18.0 g
Sodium	542 mg	542 mg

Just Like Nannas Bakery  
999 Main Road Ulverstone TAS 7315  
Ph: 05 9998 8855

Ingredients: SR Flour, Cream (cream, skim milk powder, gelatine, vegetable gum (407), mineral salt (516), sugar, salt), Lemonade, Caster Sugar, Milk

Baked On: 29/02/2012

Store in a cool, dark place

Product of Australia

Contains Milk and Gluten