

## WHAT MUST BE ON A LABEL?

THESE ARE THE FOLLOWING PIECES OF INFORMATION THAT MUST BE ON A LABEL AND WHY .....

<b>THE NAME OF THE FOOD PRODUCT</b>	<ul style="list-style-type: none"><li>• USE BY DATES ARE USUALLY PUT ON HIGH RISK, PERISHABLE FOODS THAT WOULD BECOME A FOOD POISONING HAZARD IF THEY WERE STORED FOR TOO LONG AND THEN EATEN,</li><li>• BEST BEFORE DATES ARE USUALLY PUT ON LONGER SHELF-LIFE PRODUCTS SUCH AS BISCUITS, TINNED FOODS, CEREALS, ETC.</li></ul>
<b>A LIST OF INGREDIENTS</b>	<ul style="list-style-type: none"><li>• FOOD LABELS FOR BEEF, VEAL, FISH, SHELLFISH, OLIVE OIL, HONEY, POULTRY AND MOST FRUITS AND VEGETABLES THAT HAVE BEEN IMPORTED FROM OUTSIDE OF THE EU MUST SHOW THE COUNTRY OF ORIGIN (WHERE THE PRODUCT WAS GROWN IF IT WAS A PLANT OR REARED IF IT WAS AN ANIMAL).</li></ul>
<b>NET WEIGHT, VOLUME OR QUANTITY</b>	<ul style="list-style-type: none"><li>• THIS IS USED TO IDENTIFY THE PRODUCT,</li><li>• IF THE IDENTITY OF THE PRODUCT IT IS NOT OBVIOUS TO THE CONSUMER. A DESCRIPTION OF THE FOOD PRODUCT MUST ALSO BE GIVEN TO HELP THE CONSUMER.</li></ul>
<b>NAME &amp; ADDRESS OF MANUFACTURER</b>	<ul style="list-style-type: none"><li>• THESE ARE INCLUDED TO ENSURE THE CONSUMER KNOWS HOW TO CORRECTLY STORE THE FOOD PRODUCT TO AVOID FOOD POISONING,</li><li>• THESE INSTRUCTIONS PROTECT BOTH THE CONSUMER &amp; MANUFACTURER OR RETAILER AS IT NEEDS TO BE STORED CORRECTLY IN THE SUPERMARKET BEFORE BEING PURCHASED BY THE CONSUMER.</li></ul>
<b>COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>• SHOWN IN WEIGHT DESCENDING ORDER (LARGEST TO SMALLEST),</li><li>• THIS HELPS CONSUMERS IDENTIFY THE INGREDIENTS JUST INCASE OF ALLERGIES &amp; FOOD PREFERENCES SUCH AS VEGETARIAN,</li><li>• AN INGREDIENT MAY SOMETIMES BE SHOWN AS A %.</li></ul>

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## WHAT MUST BE ON A LABEL CONTINUED?

<b>STORAGE INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>• THIS IS THE ACTUAL WEIGHT OR VOLUME OF THE FOOD INSIDE THE PACKAGING,</li><li>• SOLID FOODS THAT ARE PACKAGED IN A LIQUID MUST SHOW THE DRAINED WEIGHT (THE WEIGHT OF FOOD LEFT WITHOUT THE LIQUID),</li><li>• THE SYMBOL OF THE LABEL TELLS THE CONSUMER THE WEIGHT OR VOLUME OF THE PRODUCT IS AN AVERAGE AMOUNT,</li><li>• IT IS NOT NECESSARY TO SHOW THE WEIGHT OR VOLUME ON FOODS THAT ARE SOLD BY NUMBER SUCH AS 6 BREADCAKES AS THE CONSUMER CAN SEE THEM.</li></ul>
<b>SHELF-LIFE</b>	<ul style="list-style-type: none"><li>• HEATING &amp; COOKING INSTRUCTIONS ARE PARTICULARLY IMPORTANT TO ENABLE CONSUMERS TO COOK THE FOOD CORRECTLY AND SAFELY TO PREVENT FOOD POISONING,</li><li>• OVEN &amp; MICROWAVE COOKING INSTRUCTIONS ARE GIVEN &amp; SHOULD SHOW THE OVEN TEMPERATURE/MICROWAVE POWER LEVELS &amp; COOKING TIMES.</li></ul>
<b>WARNINGS (FOOD ALLERGENS OR FOOD ADDITIVES)</b>	<ul style="list-style-type: none"><li>• THIS ENABLES THE CONSUMER TO FIND OUT MORE ABOUT THE FOOD PRODUCT OR TO BE ABLE TO NOTIFY/CONTACT THE MANUFACTURER OR RETAILER IF THERE IS A PROBLEM WITH IT (IF THEY WANT TO COMPLAIN).</li></ul>
<b>PLACE OF ORIGIN</b>	<ul style="list-style-type: none"><li>• THERE MUST BE A WARNING IF THE FOOD HAS BEEN GENETICALLY MODIFIED (GM), OR IRRADIATED - THIS IS SO THE CONSUMER CAN DECIDE WHETHER TO BUY,</li><li>• IF THE FOOD IS PACKAGED "IN A PROTECTIVE ATMOSPHERE" USING A GAS THIS MUST BE STATED,</li><li>• IF A FOOD CONTAINS FOOD ADDITIVES SUCH AS COLOURINGS/SWEETENERS,</li><li>• IF THE FOOD CONTAINS A KNOWN ALLERGEN (MAY CAUSE AN ALLERGIC REACTION SUCH AS EGGS, MILK, FISH, ETC).</li></ul>
<b>NUTRITIONAL INFORMATION</b>	<ul style="list-style-type: none"><li>• THE FOLLOWING NUTRIENTS MUST BE SHOWN IN 100g OR 100ml OF A FOOD PRODUCT - THE ENERGY VALUE (kj OR kcal), PROTEIN, FAT (TOTAL FAT), SATURATED FAT, CARBOHYDRATES (TOTAL), SUGARS, SALT.</li><li>• THERE ARE OTHER NUTRIENTS SUCH AS VITAMINS &amp; MINERALS CAN BE INCLUDED BUT THIS IS VOLUNTARY.</li></ul>

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