

FOOD LABELING



Food Labeling Regulations

- Set by FDA
 - 21 CFR 110
- Most of the regulations are common sense
- Ask your VDACS rep (or VFW) for a courtesy review before printing labels.

Basic Requirements

- Product Name
 - Accurate description of product
- Net Quantity
 - Weight or Volume; US & Metric
- Ingredient List
 - In descending weight
- Producer Information
 - Name & Address
- Tracking Code (varies by business type)
- ★ Nutritional Facts

Requirements by Business Size

- Home Exemption
- “Very Small” Scale Producer
 - <10 employees AND <10,000 units sold
- Small Scale Producer
 - <100 employees AND <100,000 units sold
- Large Scale Producer
 - ≥100 employees OR ≥100,000 units sold

Home Exemption

Basics

- Product Name
- Net Quantity
- Ingredient List
- Producer Information

MUST HAVE:

- ★ Date Produced
- Producer's Phone #
- "NOT FOR RESALE – PROCESSED AND PREPARED WITHOUT STATE INSPECTION"

Small Scale Producer

<100 employees AND <100,000 units sold annually

Basics

- Product Name
- Net Quantity
- Ingredient List
- Producer Information
- ★ Tracking Code

OPTIONAL

- ★ Nutrition Panel
 - File with FDA for an exemption
 - No filing necessary IF “Very Small”
 - <10 employees AND <10,000 units sold
 - ≤\$50,000 in annual gross sales of food to consumers

Large Scale Producer

≥100 employees OR ≥100,000 units sold annually

Basics

- Product Name
- Net Quantity
- Ingredient List
- Producer Information
- ★ Tracking Code

MUST HAVE:

- ★ Nutrition Panel
 - NO Exemption

Placement, pt. 1

Principal Display Panel



Mrs. Saunders'
Piney River
strawberry jam

Product Name

Net WT. 9 oz. (225g)

Net Quantity

Ingredients: Strawberries, sugar,
pectin, water, calcium citrate

Ingredient List

Refrigerate After Opening

Intervening
Material

Made for Saunders Brothers
2717 Tye Brook Highway, Piney River, VA 22964
(434) 777-5455

Producer
Information

Placement, pt. 2

Principal Display Panel

Information Panel



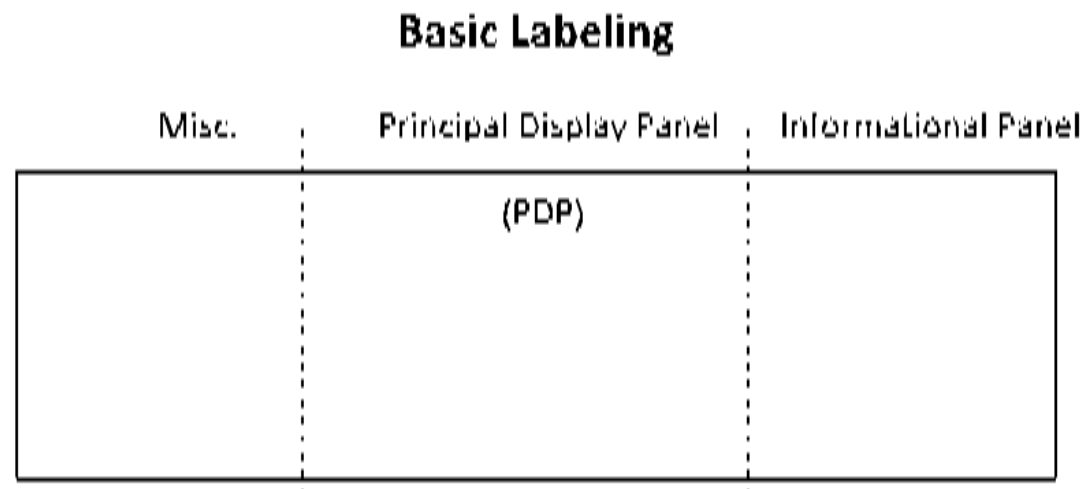
Ingredient List

Producer Information

Net Quantity

Product Name

Placement, pt. 2



Standard rectangular wrap-around label

Principal Display Panel (PDP): Portion of container most visible to the consumer (usually front)

Informational Panel: Portion of label immediately to the right of the PDP as you face the product

Ingredient Statement

- Always required
- Must be in descending order BY WEIGHT
- ALL sub-ingredients MUST be listed
- Only those spices specified in the regulation may be referred to as “spices.”

Nutritional Panel

Nutrition Facts			
Serving Size 1 tbsp (20g)			
Servings Per Container about 11			
Amount Per Serving			
Calories 40		Calories from Fat 0	
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
<i>Trans</i> Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 10g			3%
Dietary Fiber 0g			0%
Sugars 10g			
Protein 0g			
Vitamin A 0%	•	Vitamin C 15%	
Calcium 0%	•	Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

- Located on “PDP” or “Informational Panel”
- Not necessary for small and very small producers
- Making a nutritional claim? NO EXEMPTION.
- Sometimes, retailers will require

Allergen Statements

- Main 8 Allergens MUST be listed by their common names: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, soy, & wheat
- If tree nuts, must specify
 - “Almond”, “Walnut”, “Pecan”, etc.
- If fish/shellfish, must specify
 - “Tuna”, “Salmon”, “Crab”, “Shrimp”, etc.
- “Processed in a facility that also...” is not a regulatory requirement
 - But cross-contamination preventative controls ARE

Tracking Codes

- Generally must contain
 - Year, Date, & Period Produced
 - Location Produced
 - Product Name
- Example: SJ124615C
 - SJ = Strawberry Jam
 - 1 = Batch #1
 - 246 = Julian Date, September 3rd
 - 15 = 2015
 - C = Cannery

FDA Tracking Requirements

- Where did your ingredients come from?
 - Maintain records on location & date purchased, brands, batch codes, condition
- Where is your product going?
 - Maintain records of batch codes and sales



- Retain records for
 - 6 months for foods w/ shelf life of ≤ 60 days
 - 1 years for foods w/ shelf life of 60 days to 6 months
 - 2 years for foods w/ shelf life of ≥ 6 months

Nutritional Claims

- What is a claim?
 - “Heart healthy,” “low fat,” “throat soothing,” “good for you”
 - Heavily regulated
 - Must be accompanied by NFP
- Qualified Health Claims
 - Can’t be about curing diseases
 - Must be approved by the FDA as having significant scientific agreement
- Nutrient Content Claims
 - Must be accurate

Organic Labeling



- USDA strictly regulates usage of the USDA Organic Seal as well as the word “organic”
- Several tiers of organic production
 - 100% Organic
 - Organic
 - “Made With Organic Ingredients”
 - Some organic ingredients
- Details on the National Organic Program webpage:
www.ams.usda.gov/nop

Gluten-Free Labeling



- FDA requires product contain no more than 20 ppm of gluten if label states “Gluten-Free”
- No government regulated seal
 - Independent companies such as GFCO are widely recognized
 - Maintain their own certification process

Resources

- Government Publications online
 - FDA's "Food Labeling Guide"
 - VDACS "Basic Labeling Requirements"
- Programs and Government Agencies
 - VDACS- Office of Dairy and Foods
 - FDA- 1-800-INFO-FDA
 - Virginia Food Works

Info@VirginiaFoodWorks.org