

# FOOD LABELING



# Basic Requirements

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

# Variations by Business Size



- Home Exemption
- Small Scale Producer
  - <100 employees AND <100,000 units sold
- Large Scale Producer
  - $\geq 100$  employees OR  $\geq 100,000$  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
    - <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

SAUNDERS  
BROTHERS  
SINCE 1915

**Mrs. Saunders'  
Piney River  
strawberry jam**

Net WT. 9 oz. (225g)

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

**Refrigerate After Opening**

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

Product Name

Net Quantity

Ingredient List

Producer Information

Intervening  
Material

# Placement, pt. 2

Principal Display Panel

Information Panel



Ingredient List

Producer Information

Net Quantity

Product Name



# Nutritional Panel

<b>Nutrition Facts</b>			
Serving Size 1 tbsp (20g)			
Servings Per Container about 11			
<b>Amount Per Serving</b>			
<b>Calories 40</b>		Calories from Fat 0	
<b>% Daily Value*</b>			
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
<i>Trans</i> Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 0mg			<b>0%</b>
<b>Total Carbohydrate</b> 10g			<b>3%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 10g			
<b>Protein</b> 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”
- Small businesses may file exemption with FDA
  - <100 employees AND <100,000 units sold
- VERY small businesses do not need to file for exemption
  - <10 employees AND <10,000 units sold
- Making a nutritional claim?  
**NO EXEMPTION.**

# 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.

# 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  $\leq 60$  days
  - 1 years for foods w/ shelf life of 60 days to 6 months
  - 2 years for foods w/ shelf life of  $\geq 6$  months

# 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 3<sup>rd</sup>
  - 15 = 2015
  - C = Cannery

# 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](http://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
  - FDA Food Labeling Guide
- Programs and Government Agencies
  - VDACS
  - FDA
  - VT Food Innovations Program, Joell Eifert  
[Joell.Eifert@VT.edu](mailto:Joell.Eifert@VT.edu)
  - Virginia Food Works  
[Info@VirginiaFoodWorks.org](mailto:Info@VirginiaFoodWorks.org)