



North Andover Health Department
Community & Economic Development

Labeling Guide for Packaged Food

What foods require labeling?

All packaged foods offered for retail sale must comply with state and federal labeling regulations. Packaged foods are foods that are bottled, canned, cartoned, securely bagged or securely wrapped. Exemptions: Foods in a carry-out box or other non-durable container used to protect the food during service and receipt by the consumer. "Penny Candy" does not require labeling.

What is required on the label? (See back for Examples)

Name:	Common or usual name of the product
Ingredients:	List of all ingredients
Allergen listing:	Foods containing Milk, Fish, Egg, Crustacean, Shellfish, Peanuts, Tree Nuts, Soybeans, or Wheat must include listing of allergens on label. Two options for listing: <i>Option 1:</i> Include the common or usual name of the food source, followed by the name of the allergen in parentheses. For example: Ingredients: Flour (wheat), whey (milk). <i>Option 2:</i> After the ingredient statement, place the word, "Contains:" followed by the name of the food allergen. For example: Ingredients: Flour, whey. Contains: Wheat, Milk.
Business:	Name and address of manufacturer, packager or distributor
Quantity:	Net quantity in terms of weight
Dating:	Perishable foods must have "sell-by date"

Is this a new regulation?

Labeling laws are a part of the Massachusetts Food Code, which has been in effect since 2000. Due to recent increased awareness of food allergens following the 2010 Allergen Awareness Act, The North Andover Health Department is now reminding Food Service establishments of labeling requirements.

What are the alternatives to labeling?

You may remove the food from "retail" sale, or do not "package" the food. Food products that are kept behind the counter and dispensed to the customer by a staff member do not require labeling. Foods that are not packaged, such as pastries in a dish covered by a sneeze guard, do not require labeling.

How do I create a label?

Label printing machines are available from many commercial food equipment vendors. You may also utilize labeling software or create your own labels on a computer.

Where can I learn more?

- Please contact The North Andover Health Department with any questions (978) 688-9540.
- MA DPH Labeling Guide: <http://www.mass.gov/eohhs/docs/dph/environmental/foodsafety/food-label-brochure.pdf>
- Labeling laws: 105 CMR 590 (Sec 3-602.11), 105 CMR 520.000 Labeling, Food Allergen Labeling Act (2004) (FALCPA)

Examples of Labels

WHEAT BREAD

Ingredients: Flour (bleached wheat flour, malt barley, flour, niacin, iron, potassium thiamine, thiamine mononitrate, riboflavin, folic acid), Sugar, Eggs, Water, Milk, Margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, whey, soybean lecithin, vegetable mono & diglycerides, sodium benzoate as a preservative, potassium caseinate [a milk protein], artificially colored, FD&C Red #3, artificially flavored). Yeast, Salt.

Contains: Wheat, Eggs, Milk, Soy

Sell by: 9/22/12

Net Weight: 1 pound (16 oz.)

The Bakery, 412 Main Street, Anytown, MA 05555

CLASSIC BAKLAVA RECTANGLES

Ingredients: High Fructose Corn Syrup, Fillo [enriched, bleached, non-bromine flour (bleached wheat flour, thiamin mononitrate, riboflavin, niacin, iron, folic acid)], Water, Corn Starch, Canola Oil, Salt, Preservatives (calcium and/or sodium propionate and potassium sorbate), Citric Acid], Walnuts, Vegetable Shortening (partially hydrogenated soybean and/or cottonseed oil with artificial flavor, colored with beta-carotene), Toasted Soybeans, Caramel (color), Sugar, Honey, Cinnamon, Lemon Oil.

Contains: Wheat, Walnuts, Soy

Sell by: 10/05/12

Net Weight: 5 oz.

The Dessert Shop, 100 Main Street, Anytown, MA 01234

ITALIAN SUB SANDWICH

Ingredients:

Oven Baked Bun [Enriched flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, corn syrup, partially hydrogenated soybean and cottonseed oils, yeast, salt, corn flour.

Salami (pork, beef, salt, dextrose, spices, sodium ascorbate, garlic powder, sodium nitrite, BHA, BHT, citric acid), pepperoni, Mozzarella cheese (pasteurized milk, cultures, salt enzymes), lettuce, tomato.

Mayonnaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA). Italian dressing (water, expeller pressed vegetable oil, MSG, red wine vinegar, garlic.

Contains: Eggs, Wheat, Milk, Soybeans

Sell by: 11/1/12

Net Weight: 12 oz.

The Sub Shop, 412 Main Street, Anytown, MA 01234

Sincerely,

Brian LaGrasse, CEHT
Public Health Director

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