

10 *Directions for use and storage*

These must be included on the label where, because of the nature of the food or for reasons of health and safety, consumers need to be provided with this information.

11 *Genetically modified (GM) foods*

Food ingredients containing detectable GM food components in the final food must have their GM status identified on the label with the words 'genetically modified' eg soy flour (genetically modified).

12 *Legibility requirements*

Labels must be legible and easily read. They must be in English. Warning statements must be in type of at least 3mm, except on very small packages where it must not be less than 1.5mm.

13 *Nutrition claims*

A nutritional claim suggests the food has a nutritional property eg low fat or cholesterol, high fibre etc. Where a nutrition claim is made, a nutrient or biologically active substance must be included in the NIP. Conditions also apply when making claims about vitamin or mineral content, salt, lactose, gluten, energy and fatty acid.

14 *Health claims*

Labels are not permitted to contain a claim for therapeutic or prophylactic action, include the word health or similar in conjunction with the name of the food, give advice of a medical nature, name or refer to any disease or physiological condition. An approved exemption is for the addition of folate.

Information adapted in part from Food Standards Australia New Zealand, Food Standards Code
<http://www.foodstandards.gov.au>
 Contains the Code, supporting user guides and fact sheets.



Labels – What to Look For

1. Truthful information
2. Lot identification
3. Name & address of supplier
4. Ingredient list
5. Allergen information
6. Date marking
7. Nutritional information panel
8. Characterising ingredients
9. Country of origin
10. Storage conditions
11. GM information
12. Legibility
13. No health claims

Further information

For further information contact your local government Environmental Health Officer

or

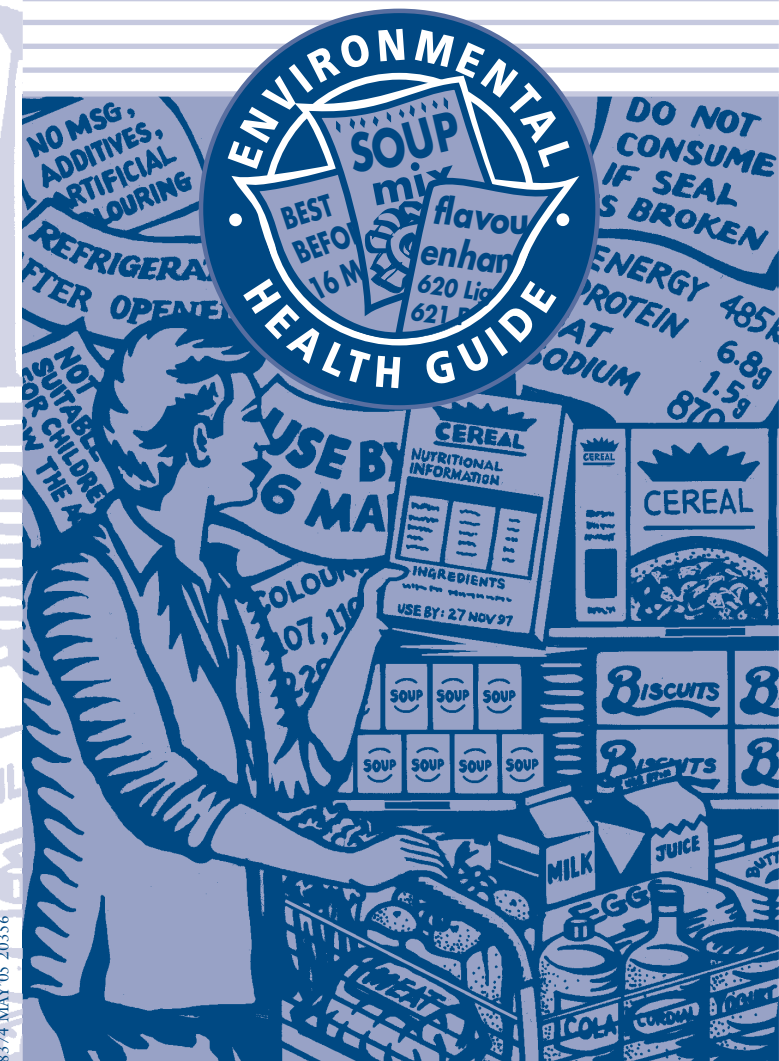
Food Safety, Environmental Health Directorate
 PO Box 8172, Stirling St
 PERTH WA 6849
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 Facsimile: (08) 9388 4955
<http://www.population.health.wa.gov.au>

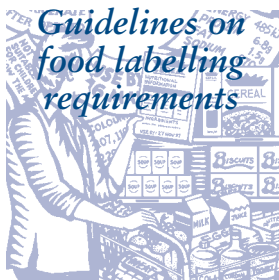


Department of Health
 Government of Western Australia

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Guidelines on food labelling requirements





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This pamphlet provides general guidance on labelling requirements applied to all packaged foods sold in Australia and New Zealand. You

should consult the Australia New Zealand Food Standards Code for more specific requirements including exemptions for particular foods.

1 Labels must tell the truth

The label must include a name or description of the food to indicate its true nature. In a few incidences there are actual prescribed names for foods eg honey. These must be used. Fair trading regulations also require that accurate minimum weights and measures information be on the label.

2 Lot identification

Lot identification is required to assist in the rare event of a food recall. A date mark and the supplier's address details can help satisfy lot identification requirements.

3 Name and business address of supplier.

Labels must have the name and business address in Australia of the supplier. This means the premises from which the business is being operated, and includes the street number and name, suburb or town, and state. A post office box address is not sufficient.

4 Ingredient List

Ingredients must be listed from greatest to smallest by ingoing weight including water. Multi-component ingredients (under 5% of total) may be listed as a "compound" ingredient eg chocolate rather than cocoa, cocoa butter and sugar. Where a additive performs a technological function in the final food, it must be listed however small the amount.

Seafood RICE Snack

500g NET

Now with 25% more taste!!!!

1 BEST BEFORE 12/6/03 LOT: 43821

2 NUTRITION INFORMATION

	Quantity per Serving	Quantity per 100g
Energy	384 kJ	1586 kJ
Protein	4.4 g	17.6 g
Fat, total	7.6 g	30.4 g
– saturated	2 g	8 g
Carbohydrate, total	2 g	8 g
– sugars	0.9 g	3.6 g
Sodium	41 mg	164 mg

3 Ingredients: Cooked rice 45%, water, prawns 5%, crab meat 5%, gluten, minerals salts (450, 451, 452), vegetable gum (407), scrambled egg (contains gelatin), soy sauce (contains soy beans - genetically modified - and wheat), peas, corn (genetically modified), carrots, brown sugar, colouring (150c).

4 Manufactured by: YUMMYFOOD 55 Wilson Street Barton ACT 2600 Aust.

5 Made in Australia

6 MADE IN AUSTRALIA FROM LOCAL INGREDIENTS

7 0 00000 00000

8

9

5 Mandatory warning and advisory statements and declarations.

Mandatory declarations: – the main foods, food ingredients or components of an ingredient that can cause, in some individuals, severe adverse reactions – such as peanuts and tree nuts, seafood, fish, milk, cereal containing gluten, eggs and soy beans – must be declared on the label however small the amount. This is usually done by listing the substances in the ingredient list.

Advisory statements:- There must be an advisory statement on the label for certain foods where guidance is required to protect public health and the risk to public health is not life threatening.

They are required for foods containing unpasteurised milk, unpasteurised egg, aspartame, quinine, kola drinks with added caffeine, guarana, phytoosterol esters, bee pollen, propolis and milk and milk substances with less than 2.5% milk fat.

Warning statements:- The label must contain a warning statement where people may be unaware of a severe health risk posed by a food or substance in a food eg, royal jelly.

6 Date marking

Foods with a shelf life of less than 2 years must have a 'best before' date. These foods may be sold after this date provided the food is not damaged, deteriorated or perished.

Those foods that should not be sold or consumed after a certain date for health and safety reasons must have a 'use by' date.

An exception is bread, which can be labelled with a 'baked on' or 'baked for' date if its shelf life is less than seven days.

7 Nutrition information panel

A label, unless exempt, must display a nutrition information panel (NIP) setting out the energy, protein, fat – total and saturated, carbohydrate, sugars and sodium content of the food. The NIP must be in the prescribed format including the size of and number of serves in the package as well as the average quantity of the nutrient in a serving and per unit (100g or 100ml)

8 Percentage labelling (characterising ingredient/s and component/s)

The label must show the percentage of the key or characterising ingredients or components in the food product. That is, those that are mentioned in the name of the food or that the consumer usually associate with the name of the food or that are emphasised on a label using words, pictures or graphics.

9 Country of origin

The label must include a statement that identifies the country in which the food was made or produced. If any of the ingredients do not originate from that country, a statement that the food is "made from imported" or "local and imported ingredients" is required.