

## **FSANZ Food Labels Guide**

In Australia all foods must comply with the Australia New Zealand Food Standards Code for labeling. As expected, the purpose of labeling is to give consumers the information to make an informed choice. It also doubles to protect consumers who suffer from food allergies. Depending on the food in question, some labels also contain information on storage and cooking, however, there may be products out there not complying with these standards. To help protect you we have included below a list of 'What must be on a food label' and 'What food are exempt from labeling'.

What must be on a food label?

- The name of the food, to identify it
- The lot identification, which identifies the premises where the food was packaged and/or prepared and the batch it came from, to assist should there be a food recall (this may also be the date mark)
- The name and address of the supplier and business in New Zealand or Australia who can be contacted if more information about the product is needed
- Mandatory warning statements, advisory statements and declarations to identify certain ingredients/substances that may trigger allergies or be of concern
- Ingredient list in descending order of in-going weight including any food additives, such as preservatives, flavours and colours, which are identified by their function and name, or code number (eg, Thickener (pectin) or Thickener (440))
- Date marking is needed for most packaged food with a shelf life of less than two years, most commonly these are 'Use By' and 'Best Before' dates
- Directions for use and storage (where needed) to ensure the food will keep for the period indicated by the date mark, and/or how you should store the food to stop it spoiling or reduce the growth of pathogens that may cause illness
- Nutrition Information Panel to allow you to compare the quantities of seven key nutrients per serving and per 100gm
- Percentage labelling of characterising ingredient
- Net weight or volume

What food are exempt from food labeling?

Foods that don't require every component of the label include:

- Small food packets such as chewing gum
- Foods for catering
- Alcoholic beverages

Foods that don't require any label at all include:

- Unpackaged food
- Food made and packaged where it is sold, or food packaged in front of you
- Ready-to-eat food delivered to order (eg, pizza)
- Whole or cut fresh fruit and vegetables in transparent packages
- Food sold at a fundraising event
- Food in an inner package not designed for sale without the outer package

All information in this article is sourced from Food Standards Australia and New Zealand and for more information please visit [www.foodstandards.gov.au/](http://www.foodstandards.gov.au/).