

# Basic Labelling – Quick Guide

## Regulatory requirements for basic labelling:

- Common name
  - Standardized name set out in the Food and Drug Regulations or any other federal regulations. If the name is not prescribed, the name by which the food is commonly known
- Net quantity
  - Must be declared in metric units
- Dealer identity and principal place of business
  - The principal place of business is the main location where company-related enterprise occurs. The address should be complete enough for postal delivery.
- Durable life date if product has shelf life of 90 days or less
  - In addition, storage instructions are required if storage differs from normal room temperature
- Nutrition labelling - unless exempt
- Bilingual labelling – unless exempt
- List of ingredients in descending order of proportion
- Allergen labelling

For more information about labelling, consult the Guide to Food Labelling and Advertising.

<http://www.inspection.gc.ca/food/labelling/guide-to-food-labelling-and-advertising/eng/1300118951990/1300118996556>

## Questions?

### Contact the Canadian Food Inspection Agency

**If North of Innisfail/Bowden**  
**Edmonton office – 780-495-7023**

**If South of Innisfail/Bowden**  
**Calgary office – 403-299-7680**

# Allergen Labelling – Quick Guide

## Regulatory changes regarding allergens:

- Applicable for all ingredients intentionally added to pre-packaged foods.

### “Food Allergen” Defined

Any protein from any of the following foods or any modified protein, including any protein fraction, that is derived from the following foods:

- |   |  |
|---|--|
| <input type="checkbox"/> Almonds, Brazil nuts, cashews,<br>hazelnuts, macadamia nuts, pecans,<br>pine nuts, pistachios, walnuts | <input type="checkbox"/> Milk                            |
| <input type="checkbox"/> Peanuts  | <input type="checkbox"/> Soybeans                        |
| <input type="checkbox"/> Sesame seeds   | <input type="checkbox"/> Crustacea (name of the species) |
| <input type="checkbox"/> Wheat, triticale   | <input type="checkbox"/> Fish (name of the species)      |
| <input type="checkbox"/> Eggs   | <input type="checkbox"/> Shellfish (name of the species) |
|   | <input type="checkbox"/> Mustard seeds                   |

### “Gluten” Defined

Any gluten protein from the grain of any of the following cereals or the grain of a hybridized strain created from at least one of the following cereals:

- Wheat
- Oats
- Barley
- Rye
- Triticale

### Label Declaration

- Sources of common food allergens and gluten must be declared either:
  - in the list of ingredients, OR
  - in the statement: “Contains”
- Sulphites added as an ingredient or sulphites that are part of an component ingredient that is exempt from declaration present at levels of 10 ppm or higher must be declared either:
  - in the list of ingredients, OR
  - in the statement: “Contains”
- All current requirements for ingredient declaration remain valid.
- When the statement “Contains ” is present on a label this statement must be complete and identify all common food allergens, gluten sources and added sulphites at 10 ppm and above in the prepackaged product.

Sulphites added as an ingredient AT ANY LEVEL must be declared in the list of ingredients.

## Appendix 7

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### **Example of Label Changes – Cake Mix**

Ingredients : Sugar, Flour, Wheat starch, Ovalbumin (Egg), Monocalcium phosphate monohydrate, Sodium bicarbonate, Potassium bitartrate

**OR**

Ingredients : Sugar, Flour, Wheat starch, Ovalbumin, Monocalcium phosphate monohydrate, Sodium bicarbonate, Potassium bitartrate

Contains : Egg, Wheat

### **Example of Label Change – Potato Chips**

Ingredients : Potatoes, sunflower oil, salt, seasonings (milk)

**OR**

Ingredients : Potatoes, sunflower oil, salt, seasonings

Contains : milk

### **Example of Label Change – Salad Dressing**

Ingredients: Olive oil, water, vinegar, lemon juice, salt, spices (mustard)

**OR**

Ingredients: Olive oil, water, vinegar, lemon juice, salt, spices

Contains : mustard

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All information on these pages is taken from the Health Canada presentation **Labelling for Food Allergen and Gluten Sources and Added Sulphites**. For a complete copy of this presentation, please contact Eileen Kotowich at 780-853-8223 or email [eileen.kotowich@gov.ab.ca](mailto:eileen.kotowich@gov.ab.ca)