

Basic Labelling – Quick Guide

Federal 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 Industry Labelling Tool.

<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 – 780-395-6700

If South of Innisfail/Bowden
Calgary office – 587-230-2450

Provincial regulatory requirements for basic labelling of home-produced foods:

Effective June 1, 2020, the Food Regulation was amended to include additional labelling requirements for home-produced foods.

Home-prepared foods must be labelled with:

- A statement similar to ‘prepared in a home kitchen that is not subject to inspection’
- A statement similar to ‘not for resale’
- Your name, your business name, your email and/or phone number
- The name of the food and the date it was made or prepared

Note: Labels must be legible and can be a tag, sticker or card provided with the product. Whole fresh fruits and vegetables do not need to be labelled.

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,
hazelnuts, macadamia nuts, pecans,
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