

# Quick guide to food labelling at Alberta approved farmers' markets

*Alberta Agriculture and Irrigation (AGI) is committed to the long-term success of Alberta approved farmers' markets and the vendors who choose to sell through them. One way to achieve this is through increasing the level of knowledge of market managers and vendors. The purpose of this document is to provide an at-a-glance description of food labelling requirements. Vendors are responsible for knowing and complying with the requirements for their products.*

The label communicates product information to the customer. It serves three primary functions:

- Provides basic product information
- Provides health, safety and nutrition information
- Acts as a vehicle for food marketing, promotion and advertising

Foods sold at Alberta approved farmers' markets are subject to both federal and provincial labelling requirements.

Exemptions from specific requirements may exist. It is the vendor's responsibility to know when those exemptions are lost and to be in full compliance with all labelling legislation.

## Federal labelling requirements

A label is required for all prepackaged food sold in Canada except for the following:

- Fresh fruits and vegetables packaged in a wrapper or with a confining band of less than 12.7 mm (1/2 inch) in width
- One bite confections, such as candy, which are sold individually

Foods packaged at the time of sale do not need to have a label, i.e., foods packaged at the market by the vendor such as bulk cookies. It is recommended that vendors have a list of ingredients available for these products so consumers can make informed decisions.

## Basic labelling requirements - Federal

### Common name

This may be the standardized name set out in the [Food and Drug Regulations](#) or any other federal regulation. If the name is not prescribed in the Regulations, include the name by which the food is commonly known. The name cannot be misleading.

### Net quantity

A net quantity must be declared:

- By volume for liquids – in metric units
- By weight for solids – in metric units
- By count for certain foods

### Dealer identity and principal place of business

The dealer identity is the name of the person or business that made the product.

The principal place of business is the physical location where the principal, or main, business can be found. The legislation does not prescribe that a complete mailing address is required. It could be the name of the Canadian city/town accompanied by the province, e.g., ABC Foods Inc. Edmonton, AB, or it could be the complete civic address, e.g., ABC Foods Inc. 1234 100 Street, Edmonton, AB

### Durable life date

If the unopened product has a shelf life of 90 days or less, the durable life date, commonly known as the "best before" date, must be on the product. Once opened, the shelf life of a food may change.

A durable life date is not an indicator of food safety but rather an indicator of freshness and quality.

Storage instructions are also required if storage differs from normal room temperature.

### List of ingredients

List ingredients in descending order of proportion by weight (as determined before they are combined to make the food).

You must also include component ingredients, i.e., ingredients of ingredients such as the ingredients of a chocolate chip in a chocolate chip cookie.

### Allergen labelling

Clearly identify food allergens, gluten sources and sulphites in the list of ingredients or immediately at the end of the list in the “contains” statement.

Priority allergens: eggs, milk, mustard, peanuts, crustaceans and molluscs, fish, sesame seeds, soy, sulphite, tree nuts, wheat and triticales

Gluten sources: wheat, barley, rye, triticales, oats

### Nutrition facts panel

Many products sold at farmers’ markets are exempt from needing a nutrition facts panel IF the product is sold direct to consumer by the individual who made it. The exemption is also lost if the product contains certain ingredients.

### Bilingual labelling

Products are exempt from bilingual labelling if they are being made and sold within the municipality in which produced or in the municipalities immediately adjacent to the one where it was produced.

To speak with a public health inspector about your food product, call 1-833-476-4743.

## CFIA Industry Labelling Tool

- a food labelling reference for all food inspectors and stakeholders in Canada

<http://www.inspection.gc.ca/food/labelling/food-labelling-for-industry/eng/1383607266489/1383607344939>

## Provincial labelling requirements

Effective June 1, 2020, Alberta’s Food Regulation was revised to include labelling requirements for farmers’ market vendors who are selling home-prepared foods at Alberta approved farmers’ markets.

These requirements are in addition to the federal requirements noted above and apply to ALL foods or foods prepared in uninspected home kitchens.

### Basic labelling requirements - Provincial

- Name of the food
- Date the food was made or prepared
- A statement similar to “prepared in a home kitchen that is not subject to inspection”
- A statement similar to “not for resale”
- Vendor’s name, business name, email and/or phone number