

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

Questions?

Contact the Canadian Food Inspection Agency

If North of Innisfail/Bowden
Edmonton office – 780-395-6700

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:

- Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, walnuts
- Peanuts
- Sesame seeds
- Wheat, triticale
- Eggs
- Milk
- Soybeans
- Crustacea (name of the species)
- Fish (name of the species)
- Shellfish (name of the species)
- 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:
 - o in the list of ingredients, OR
 - o in the statement: “Contains”
- Sulphites added as an ingredient or sulphites that are part of a component ingredient that is exempt from declaration present at levels of 10 ppm or higher must be declared either:
 - o in the list of ingredients, OR
 - o 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

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