

# Labelling Your Food Product

Ensure your label meets the federal requirements for all food labels in Canada.



**NOTE!**  
Consider adding a tamper-proof security seal to your packaging for consumer safety.

**NOTE!**  
The size of the type on your label must be 8pt or larger.

**NOTE!**  
None of the required information can go on the bottom of your package.

Amount		% Daily Value		Carbohydrate / Glucides 28 g	
Teneur		% valeur quotidienne		Fibre / Fibres 5 g	
Per 1/8 package (43 g) par 1/8 emballage (43 g)w				9 %	
Calories / Calories 150		Sugars / Sucres 2 g		20 %	
Lipides / Lipides 0.5 g	1 %	Protein / Protéines 9 g			
Saturés / saturés 0 g	0 %	Vitamin A / Vitamine A		0 %	
Trans / trans 0 g	0 %	Vitamin C / Vitamine C		0 %	
Cholesterol / Cholestérol 0 mg		Calcium / Calcium		2 %	
Sodium / Sodium 230 mg	10 %	Iron / Fer		10 %	

**Ingredients:** oats, almonds, bacon, honey. **Ingrédients :** l'avoine, amandes, bacon, miel. Contient du gluten. A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer. Une alimentation saine riche en une variété de légumes et de fruits peut aider à réduire le risque de certains types de cancer.

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- Brand name**  
Crunchy Munch is the corporate brand (like Kraft) and as such, does not require translation.
- Common name descriptor**  
The common name of your product (Granola) must be included in both English and French.
- Product name**  
The name of your product (Almond Bacon) must be included in both English and French.
- Net quantity**  
By weight (in grams) or volume (in milliliters).
- Grading standards<sup>1</sup>**  
If applicable (i.e.: Canada Grade A) in English and French.
- Storage instructions**  
If different than normal room storage conditions, i.e.: refrigerate after opening, keep refrigerated or keep frozen, in English and French.
- Best before date<sup>2</sup>**  
In English and French. This item can also be stamped on the package rather than printed on your label, and may include a lot or batch number.

- Nutrition facts table<sup>3</sup>**  
Showing calorie content and 13 nutrients in a standardized format in English and French.
- List of ingredients<sup>4</sup>**  
In descending order based on weight, and in English and French.
- List of known allergens<sup>5</sup>**  
In English and French. Some common allergens: eggs, sesame seeds, milk, soy, mustard, sulphites, peanuts, tree nuts, seafood, grains containing gluten.
- Notice of any CFIA health claims<sup>6</sup>**  
In English and French.
- Registered UPC code<sup>7</sup>**  
Available through GS1Canada, so retailers can scan your product at checkout.
- Where's the meat?**  
If your product contains any meat, you must also include the Canadian meat inspection symbol with certification number.
- Contact information**  
Your company name and address identifies the responsible party and provides contact details.

After you have addressed all of these requirements, if you have room on your label, consider adding:

- Cooking/preparation instructions, if required.
- Your company and/or product story.
- A description of the experience consumers will have when they eat your product.
- Facebook, Pinterest, Twitter logos.

<sup>1-6</sup>For more detailed information regarding the elements required on your packaging, visit <http://www.inspection.gc.ca/food/labelling/food-labelling-for-industry/eng/1383607266489/1383607344939>

To watch an interactive video about correct labelling, visit [http://active.inspection.gc.ca/video/label\\_eng.html](http://active.inspection.gc.ca/video/label_eng.html)

<sup>7</sup>To obtain a UPC code, visit [www.gs1ca.org](http://www.gs1ca.org)