

Food Labelling Regulations and Exemptions

Key Labelling Legislation

Food Information Regulations 13th December 2014

Natasha's Law (PPDS) 1st October 2021

Calorie information on menus 6th April 2022

Food Information Regulations 1169/2011

Mandatory for all pre-packed food items to state the ingredients including allergen content (highlighted) in the ingredients label. For non-pre-packed or loose food, information on the allergens present must be provided by the business to the consumer if asked. There must be signage on display to direct the consumer to the point of information. Allergen information must be accurate, complete, and easily available.

Natasha's Law (PPDS labelling)

Food which is **Pre-Packed** for **Direct Sale**.

By definition this food is packaged at the same place as it is offered for sale to consumers and must be in this packaging before it is ordered or selected. It can include food that consumers select themselves as well as products kept behind a counter. The packaging must enclose the food completely or partially, but in such a way that the contents cannot be altered without changing or opening the packaging.

Exemptions

- **Any food that is packed after being ordered by the consumer.**
- **Foods that are distance sold e.g., ordered by phone or on a website.**
- **Food packed by one business and supplied to another (full labelling required)**

EXEMPTIONS to the FIR labelling regulations

Private individuals providing food for events where there is **NO** business element such as: -

- Church Fete
- Coffee Morning
- School Barbecue
- Charity Stall
- Special occasion cake (made by a family member for the event i.e., wedding/birthday)

The key factor being that the individual/s responsible are providing the food for a one-off occasion and not as a regular occurrence.

Enforcement

If food is not labelled correctly Trading Standards and/or Environmental Health officers can

- provide advice.
- serve an improvement notice.
- prosecute a business.

Incorrectly labelled food is an offence especially if allergens are missing from the ingredients list and an incident occurs. Officers are likely to take formal action in these cases which could result in prosecution, fines, and imprisonment.

Mandatory Nutrition Labelling

This applies to the majority of pre-packed food. The revised system of "traffic light" colours is designed to help consumers see at a glance what is in their food.

RED means food or drink is **high** in a particular nutrient that we should try to cut down on or eat less of.

AMBER means **medium**, and if a food contains mostly amber it can be eaten most of the time.

GREEN means **low**, and the more green lights a label displays the healthier the food choice.

Calorie Information

New rules requiring calorie information to be displayed on menus and food labels came into force in April 2022

"Obesity is the single greatest risk factor for type 2 diabetes."

It is crucial that we all have access to the information we need to maintain a healthier weight, and this starts with knowing how calorific our food is. This legislation forms part of the government's strategy to tackle obesity and aims to ensure people make more informed, healthier choices when it comes to eating food out or ordering takeaways.

It is now a legal requirement for large businesses with more than 250 employees, including cafes, restaurants, and takeaways, to display calorie information on their menus of non-prepacked food and soft drinks.

<https://foodallergyaware.co.uk/resources/factsheets/>