

# Food labelling and food safety





**Can information  
on food labelling  
help you avoid food  
poisoning and allergic  
reactions?**

**Can information on  
food labelling help you  
cut down on food  
waste?**

# Food allergens



**Can you give  
examples of a food  
linked with food  
allergy?**



**How many food  
allergens must, by law,  
be emphasised in the  
list of ingredients?**












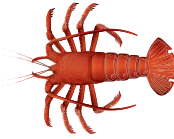




**How are food  
allergens highlighted  
on food labelling?**



# Food allergens



- Food allergy, food intolerance and coeliac disease can cause some people to become ill.
- It is important that food labels help people with a food allergy or a food intolerance to make safe food choices.
- There are 14 food allergens (including derivatives) that by law must be emphasised in the ingredients on the label if they are used in the production of the food or as an ingredient.

Peanuts 	Nuts* 	Cereals containing gluten** (wheat, barley, rye, oats, spelt and kamut) 	Eggs 
Milk 	Fish 	Lupin 	Mustard 
Molluscs (such as mussels and oysters) 	Crustaceans (such as lobster and crab) 	Soybeans 	Sesame seeds 
		Celery 	Sulphur dioxides and sulphites 

\* Specifically almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts and macadamia nuts.

\*\* Food that is labelled 'gluten free' contains less than 20mg/kg gluten.

Food that is labelled 'very low gluten' contains less than 100mg/kg gluten.

# Food allergens



- Manufacturers must emphasise the 14 food allergens in the ingredients list through a typeset that distinguishes it from the rest of the list of ingredients, for example by means of font or style, by bolding, underlining or capitalising the type.
- In addition manufacturers can include an allergy advice box on the label which signposts the consumer to the ingredients list where allergens are emphasised.

## Example of bold type

### Ingredients:

**Wheat** Flour, Water, Vegetable Oil (Rapeseed Oil), Beef (13%), Beef Kidney (10%), Onion, Cornflour, Salt, Dextrose, Yeast Extract, Malted **Barley** Extract, **Milk** Proteins, Black Pepper, Onion Powder, Glucose Syrup

### ALLERGY ADVICE

For Allergens see ingredients in bold

## Example of underlined type

### Ingredients:

Wheat Flour, Water, Vegetable Oil (Rapeseed Oil), Beef (13%), Beef Kidney (10%), Onion, Cornflour, Salt, Dextrose, Yeast Extract, Malted Barley Extract, Milk Proteins, Black Pepper, Onion Powder, Glucose Syrup

### ALLERGY ADVICE

For Allergens see ingredients underlined

## Example of capitalised type

### Ingredients:

WHEAT Flour, Water, Vegetable Oil (Rapeseed Oil), Beef (13%), Beef Kidney (10%), Onion, Cornflour, Salt, Dextrose, Yeast Extract, Malted BARLEY Extract, MILK Proteins, Black Pepper, Onion Powder, Glucose Syrup

### ALLERGY ADVICE

For Allergens see ingredients in capitals



**What is the  
difference between  
Best Before and Use  
By dates?**

**How can we cut down  
on food waste?**

**How can food labelling  
help you store and  
prepare food safely?**

# Indication of minimum durability



- This information is about the storage and use of food.
- It aims to help consumers to use food safely and reduce waste.

**There are two main types of date marks required**

## 1. Best before

Best Before End **12 2014**

- This date mark appears on most pre-packaged foods.
- Consumers can use the food after this date but it may not be best quality.

**Click here to watch food safety ad**

**<http://www.youtube.com/watch?v=lasxs1QXpo>**

## 2. Use by

Use by:  
**21  
Jul**  
Keep Refrigerated

- This date mark appears on perishable foods.
- Consumers risk food poisoning if they use the food after this date.

# Instructions for use



Instructions for use are the manufacturer's instructions for preparing the food.

## Instructions for use on a dry product

### Preparation Method



1. Empty contents of the sachet into saucepan

2. Gradually add 850ml (1.5pts) of cold water stirring constantly



3. Bring to the boil, reduce heat, partially cover & simmer for 5 minutes, stirring occasionally

4. Serve & Enjoy!

## Instructions for use on a fridge product



**Oven**

15–20  
mins

190°C/375°F  
Gas Mark 5

- Remove outer packaging and film lid.
- Place on a baking tray in the centre of a pre-heated oven for 15–20 minutes.

## Instructions for use on a freezer product

### Cooking Instructions

Adjust times according to the particular oven.

#### Oven from Frozen:

Remove outer packaging leaving the pie in the foil. Place on a baking tray in the centre of a pre-heated oven at 180°C/160°C Fan 350°F/Gas Mark 4 for 40 minutes.



# Storage conditions and/or conditions of use



**Following these instructions makes sure:**

- The food will last as long as the date shown if it hasn't been opened
- The food remains safe after opening.

## Examples:


### Storage conditions for a dry product

Store in a cool, dry place

### Storage conditions for a fridge product

**Storage**  
▪ Keep refrigerated

### Storage conditions for a freezer product

 **STORAGE CONDITIONS**  
Store frozen below  $-18^{\circ}\text{C}$   
Do not refreeze once thawed

# Cut down on food waste – shop wisely



**30% of the food we buy is thrown away – check out these top shopping tips and start to save right now!**

## Before you go shopping

- Check your fridge, freezer and store cupboards and plan menus around what you find.
- Make a list of the other ingredients you'll need.
- Don't forget to eat before you go – you'll buy more than you need if you shop on an empty stomach!

## At the shops

- Stick to your list!
- Check use by dates to make sure you'll have enough time to use everything you buy.
- Try to buy loose fruit and vegetables, unless you're buying for a large number of people.
- Try shopping online for the basics – it means you won't get distracted by all the goods on shelves.



# Cut down on food waste – at home



## Every year avoidable food waste costs us a mint – follow these tips to cut down on throwing out food

- Put fresh food away as soon as you get home.
- When you're putting it away check use by dates to see what you should use immediately and what you should freeze.
- If you've bought things like chicken breasts in bulk, put whatever you're not likely to eat straight into the freezer to use later.
- Always measure rice and spaghetti before cooking to make sure there's enough for everyone – but not too much!
- If food is close to its use by date and you're not ready to eat it immediately, cooking it can extend its life by a number of days. Just remember to cool and refrigerate it as quickly as you can.
- And remember – even limp looking veg can make a great tasting soup!



# Making healthy food choices



**What will you check  
for on food labelling to  
reduce food waste?**

**Why are  
food allergens  
emphasised in the list  
of ingredients in food  
labelling?**