

COURSE CONTENT OVERVIEW

# Food Labelling Regulations



This online Food Labelling Regulations course has been designed as an introduction to help learners understand how to label food products legally and correctly. Food labelling regulations exist to guarantee a customer's right to information so that they can make informed choices about what they are buying.

Having an understanding of what can and cannot be said on food packaging is essential, whether you are a large manufacturer or a small-scale business. This course will aid learners to understand the guidance provided by the Food Information Regulations 2014 and FIC Regulations on mandatory allergen labelling, nutritional labelling, compositional standards and reserved descriptions.

#### **Module One: Introduction to Food Labelling Regulations**

This module introduces the mandatory labelling requirements for pre-packed and loose foods and looks at how food labels should be presented.

- Informed choices
- Labelling requirements for packaged foods
- Labelling requirements for loose products
- Vertical regulations
- UK food labelling regulations
- Labelling presentation

#### **Module Two: The Food Labelling Regulations Explained**

This module outlines each of the mandatory food labelling requirements and explains how to ensure your food labels are complying with the law.

- Name of the food
- Allergens
- Durability date
- Lot code marking
- List of ingredients
- QUID
- Rework
- Net quantity
- 3 Packers' Rules
- Special storage conditions
- Name and address of the food business operator
- Country of origin
- Instructions for use
- Wine labelling

#### **Module Three: Nutritional Information, Claims and Traceability**

This module explains which nutritional information must be included on food labels by law and highlights the importance of ensuring any nutritional claims made on food packaging are accurate. The module also looks at how food products can be used for traceability.

- Nutritional information
- Traffic light nutritional labelling
- Nutritional tolerances
- Claims
- Alcoholic strength
- Traceability
- Product recalls
- Distance selling regulations

#### **Module Four: Reserved Descriptions and Compositional Standards**

This module provides details on some of the additional regulations that apply to specific food products, known as reserved descriptions and compositional standards.

- Basmati rice
- Cocoa and chocolate
- Milk, condensed, dried and instant formula
- Fat spreads
- Sugar and sweeteners
- Honey
- Olive oil
- Jam
- Meat products, fish & molluscs
- Fruit juice
- Bottled water
- Soluble coffee
- Bread & flour
- Food additives and colours

#### **Module Five: Voluntary Declarations, Marketing Terms and Logos**

This module looks further at some of the regulations and standards regarding voluntary declarations, marketing terms and symbols used on food labelling. The module also explains when to use the terms 'organic', 'vegan' and 'vegetarian'.

- Barcodes
- Marketing terms
- Voluntary declarations
- Symbols
- Organic
- Vegan symbols
- Kosher & Halal
- Clean label

#### **Module Six: Brexit Changes to UK Labelling Regulations**

This module explains the changes to labelling as a result of Brexit and the different labelling approaches required depending on the category of food product and countries of sale.

- UK protected geographical food names scheme
- Country of origin & EU emblem
- Minced meat, beef & veal
- Blended liquids
- Eggs, fruits and vegetables
- Health and identification mark

## Aims of the training

By the end of this course, learners will:

- Understand the basic food labelling requirements, which are essential for all pre-packed food products.
- Understand the importance of labelling allergens correctly.
- Have knowledge of what can and cannot be printed on food packaging in relation to nutritional and health claims.
- Understand the changes to food regulations as a result of Brexit.