



*PARTS OF A FOOD LABEL

NJDHSS FOOD

AND DRUG SAFETY PROGRAM Phone: (609)826-4935 Fax: (609)826-4990

REQUIRED ON ALL PACKAGED FOOD PRODUCTS

1. NAME OF FOOD:

Crab Meat

2. NAME AND ADDRESS OF RESPONSIBLE FIRM:

*Packed for:
Eastern Seafood, Inc.
112 Broad Street,
Newark, NJ 07104*

3. LIST OF INGREDIENTS:

*Ingredients:
crabmeat, water, salt,
citric acid, and
sodium metabisulfite
as a preservative*

MAJOR FOOD ALLERGENS

NOTE: Crab is a type of major food allergen. It appears as the name of the food, and in the ingredient list.

4. WEIGHT:

*Net Wt. 6 oz.
(170 g)*

5. COUNTRY OF ORIGIN:

*Product of
Thailand*

★
ALL REQUIRED PARTS OF A FOOD LABEL MUST BE IN ENGLISH!

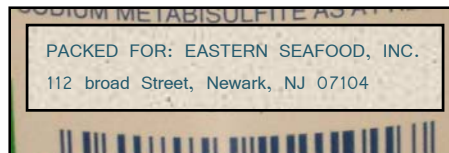
PRODUCT EXAMPLE



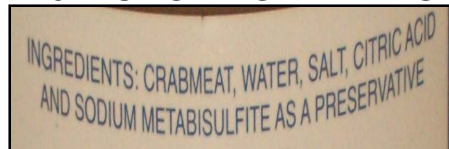
1. NAME OF FOOD



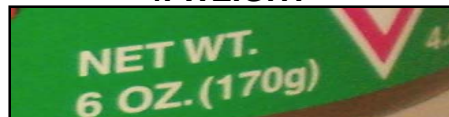
2. NAME AND ADDRESS OF RESPONSIBLE FIRM



3. LIST OF INGREDIENTS



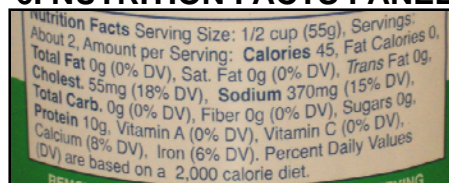
4. WEIGHT



5. COUNTRY OF ORIGIN



6. NUTRITION FACTS PANEL



REQUIRED ON MOST PACKAGED FOOD PRODUCTS

6. NUTRITION FACTS PANEL

REQUIRED ON ALL PACKAGED MEAT AND POULTRY (in addition to other requirements)

7. SAFE HANDLING INSTRUCTIONS

Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.

- Keep refrigerated or frozen. Thaw in refrigerator or microwave.
- Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.
- Cook thoroughly.
- Keep hot foods hot. Refrigerate leftovers immediately or discard.

For more details about food labels, see attached *Parts of a Food Label Guide*. Find the poster and guide at:

<http://nj.gov/health/eoh/foodweb/>.



Richard Ritota
Program Manager

Food and Drug Safety

Phone: 609-826-4935

Fax: 609-826-4990

*This poster and guide are intended to present basic labeling requirements only. They do not include every requirement or every exemption for all types of food products. See referenced federal regulations for more information.

PARTS OF A FOOD LABEL GUIDE

FOOD LABELS ARE IMPORTANT!

Every part of a food label is important so that the person buying the food product knows *exactly* what is in the package. Honest and complete information is especially important for people with serious medical conditions, allergies, or those on a special diet. For some people, it can even be a matter of life or death.

If you, as a retail food establishment, buy and sell products that do not follow State and Federal label laws, the products are *misbranded*. A health inspector has the authority to place an *embargo* on any *misbranded* products. An *embargo* means that you cannot sell the food. You will be asked to provide invoices for the products to show where they came from. You may also be asked to correct the label. Sometimes, the food under *embargo* may be destroyed.

Food label requirements can be difficult to understand, but this guide will give you some basics on what a correct label should contain. For more details, please see the following website links:

- ▶ Meat, poultry, and egg products: http://www.fsis.usda.gov/PDF/Labeling_Requirements_Guide.pdf
- ▶ All other foods and non-alcoholic beverages: <http://www.cfsan.fda.gov/~dms/2lg-toc.html>

1. NAME OF FOOD – 21 CFR 101.3

The common or descriptive name of a food must be easy to understand by the customer who buys your product. The name must appear on the part of a package that the customer is most likely to see first at your store (usually, the front or top). Note that the species of fish must be listed (ex: dried herring).

Example: *Crab Meat*

2. NAME AND ADDRESS OF RESPONSIBLE FIRM – 21 CFR 101.5

The name and address of the responsible firm (the manufacturer OR another firm who packs, imports, or distributes the product) must appear on the label. If you are the *manufacturer* (you make the product), your street, city, state, and zip code must appear on the label (street address is not required if your firm is in the local telephone directory).

OR

If you are NOT the manufacturer, the label must state your relationship to the product. For example, it can say *Packed for*, *Manufactured for*, *Imported by*, or *Distributed by* (*your business*) and your street, city, state, and zip code (again, street address is not required if your firm is in the local telephone directory).

Example: *Packed for: Eastern Seafood, Inc., 112 Broad Street, Newark, NJ 07104*

3. LIST OF INGREDIENTS - 21 CFR 101.4, Food Allergen Labeling and Consumer Protection Act, 2004

All ingredients in a food product must be listed in order by weight in plain English. The ingredient that weighs the most is listed first, and the ingredient that weighs the least is listed last.

Example: *Ingredients: crabmeat, water, salt, citric acid, and sodium metabisulfite as a preservative*

THE 8 MAJOR FOOD ALLERGENS



- MILK	- WHEAT	- TREE NUTS	- FISH
- SOY	- EGGS	- PEANUTS	- SHELLFISH

If a food product contains a major food allergen, the allergen must be on the label. For tree nuts, labels must state the type (examples: almonds, pecans, walnuts). For fish and shellfish, labels must state the species (examples: crab, flounder, shrimp). List food allergens in ONE of three ways:

- 1) list name of allergen in ingredient list (example: *crabmeat*)
- 2) list name of allergen next to ingredient that does not disclose what is in it (example: *flour (wheat)*)
- 3) list all major food allergens after the word "contains": (example: *Contains: egg, soy, wheat*)

4. WEIGHT – 21 CFR 101.105

The total weight, or *net quantity*, of a food product must appear in the bottom 30% of the *principal display panel* (the front or top of the package). For most food products, the weight must be in both ounces, pounds, or fluid ounces AND in grams, kilograms, milliliters, or liters. (Grams, kilograms, milliliters, or liters are not required for meat and poultry products).

Example: *Net Wt. 6 oz. (170g)*

5. NUTRITION FACTS PANEL – 21 CFR 101.9

The Nutrition Facts panel is required on most food labels, but not all. Products that are *exempt* are not required to have a Nutrition Facts panel. For example, food served in a restaurant is exempt. Food manufactured by a small business can be exempt, but a small business must apply yearly to the FDA for this exemption. For more information on Nutrition Facts panel requirements, go to: <http://www.cfsan.fda.gov/~dms/2lg-7a.html>. To apply for a small business exemption, see <http://www.cfsan.fda.gov/~dms/sbnle.html>.

NOTE: If the food product is exempt, but the package or advertising material makes a nutrition claim (examples: low fat, cholesterol free), then a Nutrition Facts panel will still be required! To learn more about general exempt food products, go to:

<http://www.cfsan.fda.gov/~dms/2lg-7a.html>. For meat and poultry exemptions, go to: http://www.fsis.usda.gov/PDF/Labeling_Requirements_Guide.pdf.

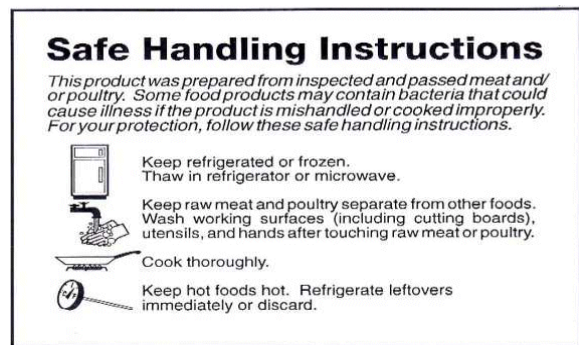
6. COUNTRY OF ORIGIN – 19 CFR Part 134

Almost all products (or their containers, for bulk items) that come from outside the U.S. must have the statement “*Product of (English name of country where product is made)*” on the label at the time of import, per U.S Customs. Meat and poultry sold in butcher shops and fish sold in retail fish markets are some of the exemptions. For other exemptions and more info, see: http://www.access.gpo.gov/nara/cfr/waisidx_04/19cfr134_04.html.

Example: *Product of Thailand*

7. SAFE HANDLING INSTRUCTIONS – 21 CFR 101.17, 9 CFR 317.2

Raw and partially cooked meat and poultry labels must have safe handling instructions that help people understand how to handle and cook the product safely. On the right is a standard label. Any safe handling directions on meat or poultry must look like this.



And finally, ALL FOOD PRODUCT LABELS MUST BE IN ENGLISH! – 21 CFR 101.15

It is OK to have information in another language, but all the required parts of a food label must be in English and in the other language. No English on a label is a cause for embargo.

If you need labeling assistance on a regular basis, you may want to hire a labeling consultant. A consultant may be found through internet searches, trade associations, or land grant colleges, or in industry publications. For questions, call the NJDHSS Food and Drug Safety Program at (609)826-4935.