



Introduction of the Guide

Are you planning on starting a food production operation and need help with labelling? This guide will instruct you on what information must be given for non-prepacked and prepacked foods when selling to consumers and mass caterers. You will also learn how to correctly write product labelling.

It is important that you know in advance what types of labelling your products require. Later corrections to labelling may result in significant expenses. Incomplete or incorrect labelling may also cause harm to consumers. With correct labelling, consumers can trust the information provided about the product.

This guide has been made to support the *Information to be provided about food (Labelling) online course* published on the Finnish Food Authority's website. The online course and guide largely follow the same structure. The guide may also be used on its own.

This guide provides a summary of the main requirements for food information. At the end of each section is a list of sources for further information on the topic.

The main source of additional information is the Finnish Food Authority's *Elintarviketieto-opas elintarvikevalvojille ja elintarvikealan toimijoille* [Food Information Guide for Food Supervisors and Food Operators] (Finnish Food Authority guide 17068/2, in Finnish and Swedish)

The guide contains plenty of examples and revision exercises.

The guide is divided into 11 sections.

- **Section 1, Responsibilities and legislation.** Section 1 explains who is responsible for the food information. Section 1 also includes references to the most important legislation on labelling requirements.
- **Section 2, Mandatory information.** Section 2 describes general requirements on labelling, such as the correctness of information and the size, language and placement of the label. It also lists in general terms the types of labelling required for prepacked and non-prepacked foods.
- **Sections 3-9, Types of labelling.** Sections 3-9 describe the mandatory types of labelling to be included and explain how to correctly present the information.

- **Section 10, Examples.**
Section 10 gives examples on how to provide mandatory food information from a recipe.
- **Section 11, Revision exercises.**
Section 11 includes exercises to test your knowledge of the guide's instructions.

Examples of questions covered in the guide

- ▶ Who is responsible for the food information?
- ▶ What is the basis for the labelling requirements?
- ▶ What types of labelling are required for prepacked foods?
- ▶ What information must be provided for non-prepacked foods?