

Food Labels Requirements

Which Foods Need Labels?

- Packaged foods within the establishment
- Self-service foods

What must be on the label?

1. **Product Name** – Clearly identify the food (e.g., Chocolate Chip Cookie).
2. **Ingredients List** – List all ingredients in descending order by weight (most to least).
3. **Major Allergen Statement** – Must identify any of the 9 major allergens: Wheat, Milk, Eggs, Peanuts, Tree nuts, Fish, Shellfish, Soy, Sesame.
4. **Net Quantity** – Include both U.S. customary units (oz, lb, gal) and metric units (g, kg, L).
5. **Business Name and Address** – Include the manufacturer or distributor information.
6. **Optional Advisory Statement** – Example: “Made in a facility that also processes wheat.”



Example Label

Chocolate Chip Cookie

Ingredients: Chocolate Chips, Gluten Free Flour (White Rice Flour, Brown Rice Flour, Potato Starch, Tapioca Starch, Milk Powder), Brown Sugar, Butter, Sugar, Eggs, Milk, Vanilla Extract, Baking Soda, Zanthan Gum, Salt

Contains: Milk, Eggs, Soy

Weight: 85 g

Ledge Light Health District

216 Broad Street

New London, CT 06320

Made in a facility that also processes wheat.