



## Why label food?

Ingredients lists, best before and use by dates enable consumers to make informed choices, particularly if the item contains ingredients that may cause an allergic reaction.

### Do I have to label food?

Charities and community organisations are not required by law to label food, however, if someone asks whether a food contains a particular ingredient that may cause an allergic reaction, you must provide this information.

Ingredients that cause allergic reactions are:

- Gluten - a substance found in wheat, rye, barley, oats and spelt and therefore is present in foods made from these grains, such as flour.
- Milk and milk products
- Peanuts and tree nuts
- Lupins
- Eggs and egg products
- Sesame seeds and products
- Soya beans and products
- Fish, shellfish and fish products
- Sulphites (a preservative)
- Royal jelly, bee pollen and propolis (a substance collected by bees)

If a food contains any of these ingredients, someone at the sales point should know and be able to provide the information when asked. Alternatively, a sign could be displayed alongside the food.

### How to label food

#### Ingredients:

If you prepare the product yourself, you will know what's in it. If you have used a packet mix, write the ingredients from the packet on your label - remember to include any other ingredients you may have added, such as eggs.

#### Best Before and Use By Dates:

Food marked with a "Best Before" date are foods that can still be consumed after that date, but may have lost quality and some nutritional value. Foods marked with a "Use By" date are foods that cannot be consumed after this date.

#### Who made it and where it was made:

Include the name of the food maker and the address of the premises where the food was made. If there are several food makers for an event, a single address can be used if each maker is identified by a code and the event organiser keeps a list of these codes and the corresponding details of the makers. See example below, which shows that Maker number 23 made Strawberry jam for the Layton Tennis Club:

Product Name	Strawberry Jam
Ingredients	Ingredients: sugar, strawberries, water
Name of event for which the food was made	Made for Layton Tennis Club
Address	3 Brick Road, Layton, TAS 7304
Best Before or Use By date	Best Before: 1 January, 2019
Maker's code number	Code 23