

Retail Food Establishments: Major Food Allergens and Labeling

Regulation 61-25: Retail Food Establishments



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Allergens and Labeling

in a retail food establishment

- › Packaged Grab-and-Go food items require an allergen listing on the labels.
- › Bulk unpackaged food items require an allergen listing in plain view.
- › Fresh, unprocessed produce, meats, and eggs do not require an allergen listing on the labels.

Regulation 61-25

Citations that apply to major food allergens and food labels

1-201.10(B)(64)—Major Food Allergens

2-102.11(C)(9)—Knowledge of Person in Charge (PIC)

3-602.11—Food Labels

Public Health Reasons

Providing the name of the food source on the label of packaged foods alerts consumers to the presence of a major food allergen and may prevent an unintended exposure.

Millions of Americans have food allergies and may experience adverse reactions to products that have food allergens. Most reactions cause mild symptoms, but some are severe and may even be life-threatening. There are eight (8) major food allergens.

- › **Milk**
- › **Eggs**
- › **Tree Nuts*** (e.g., cashews, pecans, almonds, walnuts)
- › **Fish*** (e.g., bass, cod, flounder, salmon)
- › **Shellfish*** (e.g., crab, lobster, shrimp)
- › **Peanuts**
- › **Wheat**
- › **Soy**

Foods packaged in a retail food establishment, as grab-and-go items, must have proper labeling for consumer awareness to include the following information:

- › Common name of the food or a statement that adequately describes the product. (e.g., "Zigzags" are cream filled cakes)
- › Name and place of business.
- › Name of the food source for each major food allergen contained in the food in at least one of the following ways:
 - ›› After the word "contains". (e.g., Contains: **Soy and Egg**)
 - ›› In parentheses after the ingredient name. (e.g., Ingredients: Flour (**wheat**))
 - ›› In the list of ingredients. (e.g., Ingredients: **Milk**, sugar, **almonds**)
 - ›› A disclaimer that any major food allergen may be contained in the food.

* *The specific type of tree nut, fish, and shellfish must be declared on the label.*

Bulk unpackaged food items that are available for consumer self-dispensing must have the following information prominently displayed:

- › Manufacturer's label that was provided with the food.
- › A card, sign, or method of notification that includes the common name of the food or an adequate description of the product. (e.g., "FiddlePiddle" is caramel popcorn with peanuts.)
- › The name of the food source for each major food allergen contained in the food or a disclaimer that any major food allergen may be contained in the food.