

Legal labels and EU food law – helping you develop compliant food labels and products

Module 1

Introduction to EU food law and sourcing information

This session covers the EU regulatory framework and how to source information online.

Name of the food

Restrictions on food product names, including reserved descriptions, legal names and flavour descriptions. Formulation issues affecting a product's name, such as use of sweeteners and genetically modified foods.

The ingredients list

The rules on ingredient listing including exempt foods and ingredients that do not require declaration.

Quantitative Ingredient Declaration

When do the amounts of certain ingredients need to be declared in the ingredients list or product name? Includes considerations for QUID calculations.

Allergen labelling

When and how to declare allergens on the label.

Nutritional labelling

Nutrition labelling rules, including the format for mandatory information and voluntary front of pack labelling.

Additional mandatory information

Requirements for various mandatory food information including the date mark, instructions for use, field of vision, minimum font size & legibility, and quantity marking.

Product specific labelling

Labelling requirements specific to certain types of food and sales settings including country of origin labelling, sweeteners & caffeine warnings, identification marks, irradiated & quick-frozen foods, small packages, distance selling and supply of products via catering establishments.

Product specific claims

Criteria for making claims concerning organic status, absence of gluten and protected origin implications for products such as parmesan, feta and Parma ham.

Live session: Labelling

In this session we will check the artwork of a product based on its specification to find the errors. Delegates will receive the materials in advance to get familiar with the product.

Module 2

Nutrition claims

An introduction to the EU Nutrition & Health Claims Regulation, discussing general conditions and specific criteria for permitted nutrition claims.

Health claims

How to interpret the EU controls on health claims including consideration of the borderline between nutrition & health claims, on-hold claims and ongoing discussions.

Marketing claims

Marketing considerations including the Food Standards Agency guidance on common claims such as 'fresh', 'pure', 'natural', etc. Including considerations for other voluntary claims including 'wholegrain', 'vegan' and 'vegetarian'.

Live session: Claims

In this session we will discuss a specific artwork regarding its nutritional and health claims, consulting either legislation or official databases.

Module 3

Food Improvement Agents Package (FIAP)

How to navigate the complex package of legislation covering food additives, including colours, sweeteners, food enzymes and flavourings also called food improvement agents. Processing aids will also be discussed.

Flavourings and smoke flavourings

This session explains in detail the definitions, Union lists and labelling requirements regarding flavourings and smoke flavourings.

Novel foods and genetically modified foods

The authorisation of novel foods and an overview of EU legislation governing the approval and labelling of GM foods and ingredients.

Live session: Labelling

In this session we will work on different case studies, where we will check the permissibility of additives and their maximum permitted level.

Module 4

General food safety

An introduction to general food safety requirements under Regulation (EC) 178,2002 including traceability and the EU RASSF system.

Food hygiene package and microbiological criteria

A practical review of the legislation on food hygiene and related official controls, as well as how to deal with EU food microbiological criteria requirements in the industry.

Contaminants, pesticides and food contact materials

A short review of current EU regulatory requirements on contaminants, pesticides and food contact materials with an update on any emerging issues.

Food supplements, fortified foods, food for specific groups

A brief overview of EU rules governing food supplements, foods fortified with vitamins and minerals, and the revised PARNUTs rules under the EU regulation on food for specific groups.

Live session: Food safety

We will work through the topics of the module with practical examples that will be discussed and solved based on the consultation of legislation or relevant database.

Example for this session is 'checking the MRLs of a contaminant of pesticide'.

We also work on an allergen assessment in terms of product specification and labelling declaration.