

Food packaging law changes

From 1 October 2021 all pre-packaged food products sold in a full or partial container will require a full list of ingredients with any allergens, as defined by law, **highlighted**.

The changes provide essential information for people with a food allergy, or intolerance, so they can make safe food choices.

The new law affects Pre Packed for Direct Sale (PPDS) food. PPDS food is:

- manufactured on the same premises that it is sold
- created on site and placed on shelf to be sold eg sandwiches or salad
- partially or wholly enclosed by packaging or a wrapper
- sold elsewhere, by the manufacturer eg farmers market.

Note: This does not affect food packaged after being ordered

The 14 statutory allergens as listed opposite must be declared and highlighted on the ingredients list, including in dressings and sauces.

Special consideration needs to be taken when:











- changing suppliers
- buying replacement ingredients
- changing recipes or components like bread
- cross contamination.

The change in law is known as Natasha's Law after 15-year-old Natasha Ednan-Laperouse died from an allergic reaction to sesame in a pre-packaged baguette bought from a national sandwich chain in 2016.

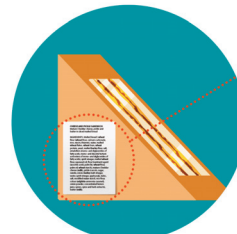
14 ALLERGENS coming to a food label near you

The way allergens are labelled on pre-packed foods is changing because of new regulations. The Food Information Regulation, which came into effect December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

 <p>Celery / Celeriac This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.</p>	 <p>Cereals Containing Gluten Wheat, rye, spelt and flours (except wheat flour), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, butter, bread/crumbs, bread, cakes, confectionery, meat products, pasta, poultry, soups, soups and food foods which are dusted with flour.</p>
 <p>Crustaceans Crabs, lobsters, prawns and scampi are crustaceans. Shrimp pasta, often used in Thai and southwest Asian curries or salads, is an ingredient to look out for.</p>	 <p>Eggs Eggs are often found in cakes, some meat products, mayonnaise, confectionery, pasta, puddings, soups and pastries or foods brushed or glazed with eggs.</p>
 <p>Fish You will find this in some fish soups, pizzas, nibbles, salad dressings, stock cubes and Worcestershire sauce.</p>	 <p>Lupin Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.</p>
 <p>Milk Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.</p>	 <p>Molluscs These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.</p>
 <p>Mustard Liquid mustard, mustard powder and roasted seeds fall into this category. This ingredient can also be found in breads, curries, moutards, meat products, salad dressings, sauces and soups.</p>	 <p>Nuts Not to be mistaken with peanut (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, confectionery, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.</p>
 <p>Peanuts Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.</p>	 <p>Sesame Seeds These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, buns, scones, sesame oil and tahini. They are sometimes roasted and used in salads.</p>
 <p>Soya Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, soups and vegetable products.</p>	 <p>Sulphur Dioxide (Sulphites) This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.</p>

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CHEESE AND PICKLE SANDWICH

Mature Cheddar cheese, pickle and butter in sliced malted bread

INGREDIENTS: Malted bread (wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamin), water, malted wheat flakes, wheat bran, wheat protein, yeast, malted barley flour, salt, emulsifiers (mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), spirit vinegar, malted wheat flour, rapeseed oil, flour treatment agent (ascorbic acid), palm fat, wheat flour, palm oil, wheat starch), mature Cheddar cheese (milk), pickle (carrots, sugar, swede, onion, barley malt vinegar, water, spirit vinegar, apple pulp, dates, salt, modified maize starch, rice flour, colour (sulphite ammonia caramel), onion powder, concentrated lemon juice, spices, spice and herb extracts), butter (milk).

For more detailed advice please contact the trading standards team on 01753 475111 (regulatory services option).

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