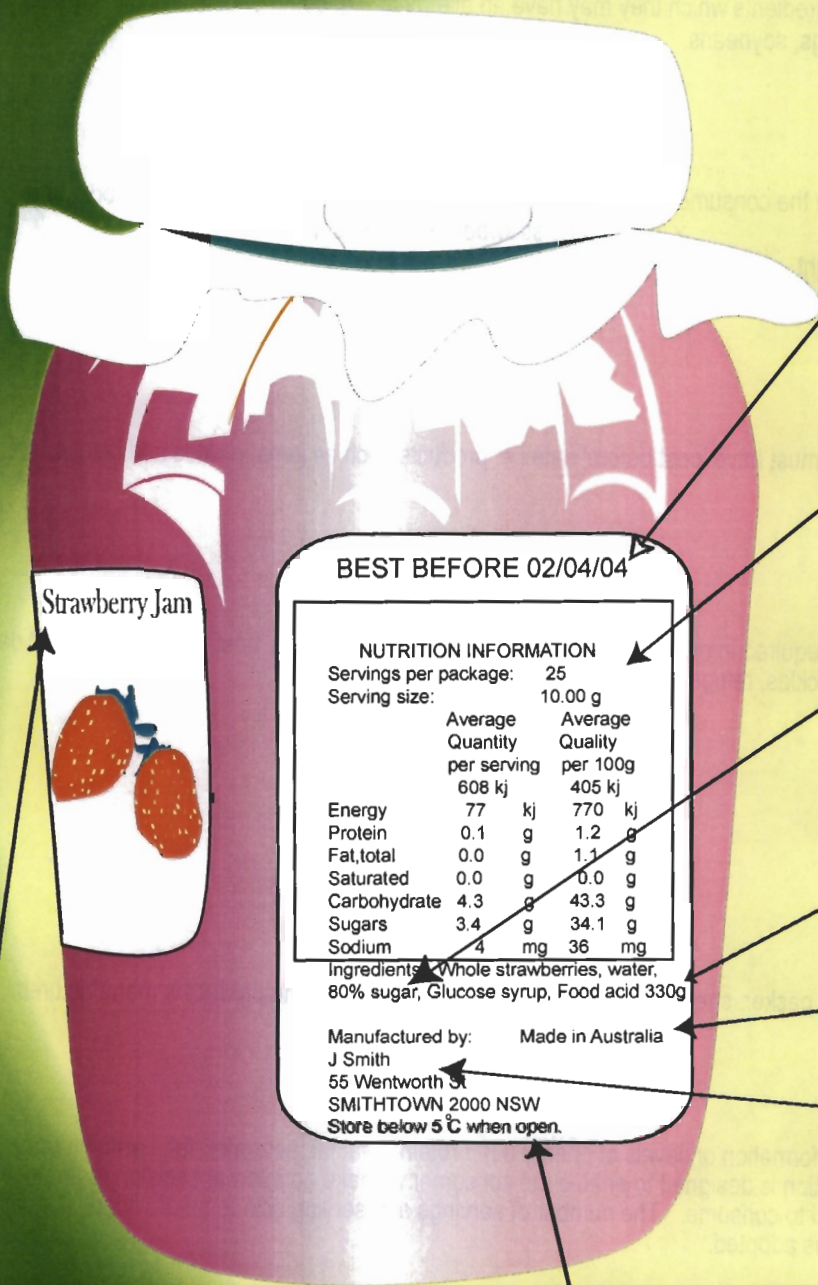


FOOD LABELLING requirements



4. Date marking

8. Nutrition labelling

3. Percentage labelling

2. Ingredients list

6. Provide Country of Origin

7. Name, address of manufacturer

1. Name and description of food

5. Storage requirements

BEST BEFORE 02/04/04

NUTRITION INFORMATION

Servings per package: 25
Serving size: 10.00 g

	Average Quantity per serving		Average Quality per 100g
	608 kJ		405 kJ
Energy	77 kJ		770 kJ
Protein	0.1 g		1.2 g
Fat, total	0.0 g		1.1 g
Saturated	0.0 g		0.0 g
Carbohydrate	4.3 g		43.3 g
Sugars	3.4 g		34.1 g
Sodium	4 mg		36 mg

Ingredients: Whole strawberries, water, 80% sugar, Glucose syrup, Food acid 330g

Manufactured by: J Smith
55 Wentworth St
SMITHTOWN 2000 NSW
Store below 5°C when open.

Made in Australia



FOOD LABELLING requirements

1. Name and description of food

Label must have accurate description of food. It must not mislead consumers i.e. Strawberry Jam must contain strawberries.

2 Ingredients list

Must list all ingredients from greatest to smallest in going weights including any added water. Multicomposite ingredients like chocolate can be listed as chocolate rather than (cocoa, butter, sugar). An accurate ingredient list enables consumers to determine whether the product contains ingredients which they may have an allergy to e.g. some people react to ingredients such as peanuts, nuts, seafood, gluten, eggs, soybeans.

3. Percentage labelling

If the product is called strawberry jam, then the consumer needs to be advised how much strawberry is in the product by percentage weight i.e.

150g strawberries	x 100	= 60% strawberries by weight
250g product weight	Total	1

4. Date marking

Foods with a shelf life less than two years must have 'best before' date i.e. products such as jams, pickles and biscuits are to have a 'best before' date.

5. Storage requirements

Where specific storage requirements are required in order for the product to remain safe until its 'best before' or 'use by' date, this must be provided on label i.e. jams, pickles, refrigerate below 5°C after opening.

6. Provide Country of Origin

on label i.e. Australia.

7. Name, address and manufacturer

Label to have Company name or name of packer, street address, town and postcode where the product is manufactured.

8. Nutrition labelling

Nutrition panels are required to provide information on levels of energy (kj), protein, total fat, saturated fat, carbohydrate, sodium and calcium levels. This information is designed to enable the consumer to make an internal decision regarding the nutritional make up of the food they intend to consume. The number of servings and serving size to be provided. Usually for jams and pickles and serving size of 10g is adopted.

The nutrition panel can be obtained by entering the internet web site www.anzfa.gov.au (Australia and New Zealand Food group). Click on "Nutrition Panel Calculator". Go to bottom of page - click on "Plug-in version" - which then takes you to the Legal Agreement. Read and then click on I agree. When installing system choose plug in version for nutrition panel calculator. Click on Nutritional Panel, accessibility version. Read disclaimer - click on 'I agree'. Proceed to Nutrition Panel Calculator - read explanatory notes and then proceed to NPC. Provide recipe name i.e. Strawberry Jam, then add each ingredient separately into panel, including ingredient weight. Go to the next ingredient and complete above step. Add servings per package serving size and weight change. For jam, you need to add -14% to weight change box as this is the amount of product lost during the cooking process by steam (see instruction notes on web).

See attached example of work sheet for Strawberry Jam. Once all the ingredients have been added, go to Compute Panel for printout of nutritional panel for that specific recipe.