

USA | CANADA Labeling Guide

SECOND EDITION- SEPTEMBER 2023

For Consumer Prepackaged Items and Cases/Shipping Containers of Fresh Fruits and Vegetables Prepared for Commerce in the U.S.A. and Canada



INTERNATIONAL
**FRESH
PRODUCE**
ASSOCIATION™

CPMA
CANADIAN PRODUCE
MARKETING ASSOCIATION

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USING THE GUIDE

- The Guide is designed to be a user-friendly tool for use by those involved in the design of fresh produce labeling and packaging to be shipped and distributed in the U.S.A. and/or Canada, including Quebec, for both consumer prepackaged products and cases/shipping containers (including reusable plastic containers).
- The Guide discusses and provides some examples with detailed graphics, of the requirements for labeling fresh-cut produce to be entered into commerce in both Canada and the U.S.A.

IMPORTANT INFORMATION LEGAL NOTICE

U.S.A.

- This guidance tool is designed to assist in development of produce labels for consumer packaging and trade containers (cases/shipping containers) that are in compliance with U.S.A. and/or Canadian food labeling regulations, including Quebec.
- This document contains non-binding recommendations. It is the obligation of the Responsible Party to ensure regulatory compliance of the products introduced into commerce.
- This guide is for information purposes only and is not intended to and does not constitute legal advice.
- Readers with questions beyond the scope of this guide may wish to consult with qualified legal counsel to ensure compliance with U.S.A. and/or Canadian law.

CANADA

- CPMA makes every effort to ensure that accurate information is provided but cannot accept any responsibility for any errors or omissions no matter how caused, including but not limited to whether as a result of an error by CPMA or in change in policy by the Canadian Food Inspection Agency.
- It is important that members consult the pertinent acts and regulations prior to developing its package and nutrition labels for the Canadian marketplace.
- All information is provided “as is”, without warranty or guarantee of any kind as to its accuracy, completeness, operability, fitness for particular purpose, or any other warranty, express or implied.
- CPMA shall not be liable for any damages, loss, expense or claim of loss arising from the use, or reliance on the information.

IMPORTANT INFORMATION

- Every attempt has been made to ensure this Guidance Document is accurate, correct and is up-to-date as of September 15, 2023
- Users should bear in mind that regulatory requirements and policies change over time and appropriate state and national regulations should be confirmed with the appropriate regulatory entities.
- Multiple Canadian and U.S.A. Reference Source links are included throughout the guidance document with a comprehensive list in Appendix A.
- A Glossary of terms is included in Appendix B.
- In the U.S.A., with very few exceptions, full compliance with federal requirements will fulfill all state requirements. In any event, no state requirement can supersede a federal requirement.
- A state cannot impose labeling or packaging requirements that discriminate against interstate commerce.
- No person shall package produce in a container that bears a label that misrepresents the quality, quantity, composition, nature, safety, value, origin, or variety of the contents.
- As stated, this Guidance Document is not intended to provide legal advice. [Specific](#) labeling decisions should be based on a review of actual regulatory documents.
- Food may be deemed to be misbranded if its labeling is false, misleading, or deceptive in any particular way.
- To meet language laws in Canada including Quebec*, all information, on or with consumer products must appear in both official languages (English and French) unless exempted**; the French translation must be of at least equal prominence*** to the English (or other languages, if present).

**Reference sources are included throughout and at the end of this document.*

***Example: Proper names (such as Robert Smith) and addresses, and in general trademarked items, etc.*

****Please reference GLOSSARY located at the end of the presentation.*

LABELING CONTENT REQUIREMENTS

CONSUMER PREPACKAGED
Fresh Fruits and Vegetables

Consumer Pre-Packaged Fresh Fruits & Vegetables

U.S.A.

- The information listed below is a summary of information that is required on a label of a consumer prepackaged fresh fruits or vegetable for the U.S. marketplace
- Requirements for labelling each declaration, labelling exemptions, as well as PLU information and can be found on the slides which follow.
- A principal display panel (PDP or front panel) generally must include
 - Common/Usual Name
 - Net Quantity of Contents
- An information panel (which may be on the side/back panel or PDP) generally must include:
 - Nutrition Facts Panel
 - Signature line
 - Ingredient list (and Allergen labeling if applicable)
 - Country of Origin
- Other non-mandatory information:
 - Grading information
 - Organic labeling
 - Irradiation statements/symbol
 - PLU/UPC Information
 - Storage instructions
 - Date Codes
 - Various claims, e.g., nutrient content claims, GMO, Halal, Kosher, etc.

USA References:

<http://www.cdfa.ca.gov/dms/programs/qc/qc.html> or
<http://www.fda.gov/ICECI/ComplianceManuals/CompliancePolicyGuidanceManual/ucm074567.htm>

CANADA

- The information listed below is a summary of information **that is required** or **may be required** on a label of a Consumer prepackaged fresh fruits or vegetable for the Canadian marketplace.
 - **Requirements for labelling each declaration, labelling exemptions, as well as PLU information and can be found on the slides which follow.**
 - Common name
 - Net quantity
 - Country of origin
 - Grade name (if applicable) and size of produce, if required
 - Other information required by grade (if applicable)
 - Name and address of the responsible party
 - Traceability information
 - Organic labelling - If organic claims are made - name of the CFIA approved certification body
- Other labelling that may be required**
- Allergen labelling, if applicable (including sulphites and glutens)
 - Ingredient list, if applicable (e.g. multi-ingredient product)
 - Nutrition labelling/ Canadian Nutrition Facts Table (not required, even if there are eligible health or nutrient content claims) May be voluntarily provided.
 - Date codes
 - Storage Instructions
 - Irradiation statement(s) and symbols
 - PLU and UPC information
 - Other claims including; GMO, Halal, Kosher etc., if applicable,

CFIA References

<https://www.inspection.gc.ca/food-label-requirements/labelling/industry/shipping-containers/eng/1388169517831/1388169518862?chap=0>
<https://www.inspection.gc.ca/food-label-requirements/labelling/industry/fresh-fruits-and-vegetables/eng/1393800946775/1393801047506?chap=18#s15c18>

Statement of Product Identity / Common Name

U.S.A.

- Common/Usual name of food:
 - Brand names are not statements of identity .
- On the Principal Display Panel (PDP) and any alternate PDP.
- In bold face type in a size reasonably related to the most prominent printed matter on the front panel at least ½ the size of the largest print on the package.
- Do not crowd required labeling with artwork or non-required labeling.
- Exception for common name on package: bulk (commodity) produce sold at retail.

FDA Reference:

<https://www.fda.gov/downloads/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/UCM265446.pdf> (Chapter 4)

CANADA

- Common name* of food:
 - Apples** must include variety name.
- On the Principal Display Panel (PDP).
- In both French and English.
- Minimum type height requirement is in general 1/16 inch (1.6mm) based on a lowercase letter "o".

*There is an exception for common name on consumer package, **if FFV is visible and identifiable in the container.**

** For apples, for which a grade is prescribed under the Safe Food for Canadians Regulations (SFCR), **common name is not required** since **variety name** must be present on the label, on any part **except** the bottom only.

CFIA References:

<https://inspection.canada.ca/food-labels/labelling/industry/fresh-fruits-or-vegetables/eng/1631894552081/1631895352383#c4>

Statement of Product Identity

Examples of Common Name

U.S.A. Example



CANADA Example



This is an example of a double sided pouch with identical information in English and French on opposite sides using same size font.

Declaration of Net Quantity

U.S.A.

- Must appear on Principal Display Panel (PDP) in the bottom 30% of label.
- Must include Net Content on each PDP if more than one.
- Must be shown in both metric (grams, kilograms, milliliters, liters) and U.S.A. Customary System terms (ounces, pounds, fluid ounces).
- Metric statement either before or after or above or below the U.S.A. customary statement.
- Presented in terms of largest appropriate unit of measure.
- Minimum type size is the smallest type size that is permitted based on the size of the principal display panel
- Net Weight or Net Count of Package Contents does not include packaging material.

CANADA

- Must appear on [Principal Display Panel \(PDP\)](#).
- Must be expressed in terms of weight, volume, or numerical count. (For specific consumer prepacks of fresh fruits and vegetables, declaration must be by numerical count (See CFIA [Industry Labelling Tool](#) (ILT)).
- Only metric is required, however if U.S.A. measure or Canadian measure is also used it must be grouped with the metric, **with no intervening material and the metric units expressed first**. U.S.A. measure where it is not equivalent to Canadian measure (e.g., volume) must be clearly stated as U.S.A.
- Net quantity must be rounded to 3 figures, unless below 100, then it must be rounded to two figures.

Declaration of Net Quantity Continued

U.S.A.

- Determine the height of the type by measuring the height of the lower case letter "o" or its equivalent when mixed upper and lower case letters are used, or the height of the upper case letters when only upper case letters are used.
- Prominent print style that is conspicuous and easy to read. The letters must not be more than three times as high as they are wide, and lettering must contrast sufficiently with the background to be easy to read.
- Do not crowd required labeling with artwork or non-required labeling.
- Exemption = when PDP area is 5 square inches or less (e.g., bands, twist ties, bib ties, etc.).

FDA Reference:

<https://www.fda.gov/downloads/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/UCM265446.pdf> (Chapter 5)

CANADA

- The **numbers** in the declaration, (even when written in words (e.g., **one-half** litre), must be **bolded** and **in minimum type height** according to the area of the [principal display surface](#) per [Schedule 6](#) of the SFCR
 - If wording is used, must be bilingual.
 - The following abbreviations for net quantity declarations, are considered bilingual, are case sensitive (unless indicated) and **should not be followed** by any punctuation: g for grams; kg for kilograms; ml, mL or ml for millilitres; and l, L or l for litre (For more information see the CFIA [Industry Labelling Tool](#) (ILT)).
 - A single space must be used to separate the number from symbol.
- Recent amendments to the SFCR and FDR regulations removed many standard container sizes. Standard container sizes exist for carrots and potatoes ([Standard Container Sizes- Table 3](#)), as well, maximum container sizes apply for carrots, potatoes and apples ([Standard Container Sizes- Table 7](#)).
- Exemptions to net quantity declaration:
 - strawberries or raspberries 1.14 L capacity or less packed in field ([SFCR](#))
 - consumer prepackaged fresh fruits or vegetables sold in a retail store that are packaged in an unsealed transparent protective bag, if sold by weight ([SFCR, 241.2](#)) (i.e. unsealed grape bags, unsealed cherry bags, etc.)

CFIA Reference:

<https://inspection.canada.ca/food-labels/labelling/industry/fresh-fruits-or-vegetables/eng/1631894552081/1631895352383#c5>

Declaration of Net Quantity

Examples of Net Quantity Statement

U.S.A. Example



CANADA Example



This is an example of a double sided pouch with identical information English and French on opposite sides using same size font.

Country of Origin Labeling (COOL)

U.S.A.

- A statement of the country of origin on the labeling of imported foods is not required by the Federal Food, Drug, & Cosmetic Act. This is a requirement of the U.S. Customs and Border Protection (CBP)* as authorized by the Tariff Act of 1930 and CPB regulations (19 USC 1304(a) and 19 CFR Part 134).
- Re-packers are required by *CBP to mark containers of repackaged imports with the English name of the country of origin.
- In the event that further reprocessing or material added in another country results in a "substantial transformation" of the product, the other country becomes the country of origin within the meaning of *CBP's labeling requirements.
- COOL may be satisfied in one of three ways; Package for retail sale; Shipping Container; or Bill of lading or invoice.
- Best practices include COOL on the individual unit for sale. Law requires that COOL be conspicuous. "Produce of", "Grown in", and "Product of" are all acceptable terms.
- CBP does allow for some abbreviations or variant spellings for marking purposes. Contact CBP for a list of acceptable abbreviations.
- If a domestic firm's name and address is declared as the firm responsible for distributing the product, then the country of origin statement must appear in close proximity to the name and address and be at least comparable in size of lettering. ([FDA/CBP \(Customs and Border Protection\) Guidance](#) and Customs regulation [19 CFR 134](#)).

USDA Reference:

<https://www.ams.usda.gov/rules-regulations/cool>

CANADA

- Every container of imported produce shall be labelled to show the words "Product of", "Produce of", "Grown in", or "Country of Origin", followed by the name of the country of origin of the produce, or other words which clearly indicate the country in which the produce was grown.
- Country of origin information is to be presented in both English and French
- Shown on the principal display panel in bold and in [close proximity](#) to Net Quantity, or grade name (if applicable).
- In boldface type and minimum letter height according to the area of the [principal display surface](#) of the package as per [Schedule 6](#) of the SFCR.
- U.S.A. is the only country whose abbreviation is allowed.
- Imported produce from multiple origins must name each country - e.g., a package of 3 different colour peppers (3 different origins)
 - all origins to be named.

CFIA Reference:

<https://inspection.canada.ca/food-labels/labelling/industry/fresh-fruits-or-vegetables/eng/1631894552081/1631895352383#c13>



Country of Origin Labeling

Examples of COOL

FRONT Example



BACK Example



Grade Designation

U.S.A.

- Except for apples, there is no explicit requirement that fresh fruits or vegetables that have been graded must bear the grade mark on their packaging or master containers.
- The apple grade standards are some of the most detailed and complicated in the whole of 7 C.F.R. Part 51, which contains the grade standards for all commodities for which such standards have been established. The apple grade marking requirements, which are singular in Part 51, follow: <http://www.ecfr.gov/cgi-bin/text-idx?SID=380053591fb47566cb863a4a05bfec39&node=pt7.2.51&rgn=div5#sp7.2.51.xx1>

CANADA

- **Grade name declaration is mandatory** on the [principal display panel](#), for a consumer prepackaged FFV product for which there is a Canadian grade standard*.
- It must be a **minimum type height according** to the area of the [principal display surface](#) per [Schedule 6](#) of the SFCR.
- The product must conform to the *Canadian Grade Standard (See [Canadian Grade Compendium Volume 2](#) for Canadian grade standards and grade names).
- A case/shipping container **of domestic or imported FFV** that is **to be sold as a consumer prepackaged unit** and for which a grade is established in the [Safe Food for Canadians Regulations \(SFCR\)](#), **must include** a grade name on the label of the product.
- **Grade name is optional for some FFV.** See [SFCR 306\(2\) \(b\) and \(c\)](#) for exceptions for the requirements for grading and grade names for FFV for which grades are prescribed
- Only Canadian product can bear **a Canada grade name** as established in the SFCR.
 - If a Canadian grown fresh fruit or vegetable is combined with imported product and is prepackaged in Canada, the combined product is no longer of totally Canadian content and cannot bear a Canadian grade name. The combined product must, therefore, display the import grade name, as set out in [Canadian Grade Compendium Volume 9](#)

CFIA Reference:

<https://inspection.canada.ca/food-labels/labelling/industry/fresh-fruits-or-vegetables/eng/1631894552081/1631895352383#ci1>

Grade Designation Continued

U.S.A.

- It would be a violation of laws and regulations of both the U.S. Department of Agriculture and the U.S. Food and Drug Administration to place an incorrect grade mark on the packaging of a product. In other words, if a product bears the USDA grade mark, it must have actually been graded and met the grade as indicated by the mark.
- For import grade regulations visit: <http://www.ecfr.gov/cgi-bin/retrieveECFR?gp=1&SID=025c38051bc5ce48c83bf5f030f86c03&ty=HTML&h=L&r=PART&n=pt7.8.944>

CANADA

- Imported product, that conforms to equivalent Canadian grade requirements in the [Canadian Grade Compendium Volume 2](#)) must use the import grade name in [Canadian Grade Compendium Volume 9](#) or;
 - Imported FFV marketed in its original container, may bear the grade name established in the country of origin of the produce, if the product meets the requirements for the foreign grade and the requirements are substantially equivalent to the requirements in [Canadian Grade Compendium Volume 2](#)) for that product.
 - Indicating a foreign grade designation is also permitted on the labels of imported fresh fruits or vegetables for which there are no grades established in the Compendium if the food meets the applicable requirements established by the country of origin, the name of the country of origin is clearly indicated on the label, and the food is labelled in accordance with the SFCR [309, SFCR].
 - Fresh fruits or vegetables that are imported into Canada from the United States are considered to meet the applicable requirements outlined in Volume 2 of the Compendium if they:
 - are graded in the United States, and
 - meet the applicable requirements in the [Grade Standard Requirements for Fresh Fruits or Vegetables Imported from the United States](#) [113(2), 114(3), 115, SFCR].
- In some cases, produce may be exempted from some of the grade requirements of the SFCR. [The Test markets issued under the now repealed Fresh Fruit and Vegetable Regulations list](#) should be consulted as there may be items on this list not included in the SFCR regulations or published in the [Canadian Grade Compendium Volume 2](#)
- Size designation: When the size of produce is required by the SFCR to be shown on a label, it shall be shown immediately adjacent to the grade name in the same sized print as the grade name.

Responsible Party – Signature Line

U.S.A.

- Name of the manufacturer, packer, or distributor.
- Unless the name given is the actual manufacturer, it must be accompanied by a qualifying phrase which states the firm's relation to the product (e.g., "manufactured for" or "distributed by").
- Conspicuously printed on the Information Panel.
- Use letters that are at least one-sixteenth (1/16) inch in height based on the lower case letter "o". The letters must not be more than three times as high as they are wide, and the lettering must contrast sufficiently with the background so as to be easy to read. Street address, city, state, and ZIP. Street address may be omitted if shown in phone directory.
- Do not crowd required labeling with artwork or non-required labeling.

FDA Reference:

<https://www.fda.gov/downloads/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/UCM265446.pdf> (Chapter 3)

CANADA

- The name and principal place of business of the person (individual, corporation, business, head office, distributor, importer, etc.) by or for whom the product was manufactured or produced for resale must be shown on any part of the label other than solely on the bottom of the container, in either French or English and be in a minimum type height of 1.6 mm (1/16th inch), based on lower case "o", in French or English and be clearly and prominently shown, readily discernible and legible.
- "Packaged for", "Distributed by", or other similar wording may be used voluntarily and if used, must be in English and French, and of same minimum letter height as above.
- The principal place of business must be a physical location. Web sites, telephone numbers are not acceptable as principal place of business declarations.
- The address must be complete enough for delivery of communication in a timely manner. The best practice is to include civic address, city, province, postal code, and country.

CFIA Reference:

<https://inspection.canada.ca/food-labels/labelling/industry/fresh-fruits-or-vegetables/eng/1631894552081/1631895352383#c6>

Responsible Party – Signature Line

Examples of Signature Line

U.S.A. Example



Distributed by
THE GREENS COMPANY
15 Common Lane, Alameda, CA 94501

CANADA Example



Distributed by / Distribué par :
THE GREENS COMPANY
15 Common Lane, Alameda, CA 94501

Traceability Labeling Requirements

Canada

- The [Safe Food for Canadians Regulations](#) came into force on January 15, 2019. New licensing, preventive control, and traceability requirements apply to food businesses that import or prepare food for export or to be sent across provincial or territorial boundaries.
- For more information please refer to the Canadian Food Inspection Agency's (CFIA) [Traceability interactive tool](#) and [Regulatory requirements: traceability](#)
- [A produce-specific guidance is available here: Traceability Guidance Document for Industry Compliance with the SFCR](#)
- All prepackaged fresh fruits and vegetable products require traceability information
- For Consumer prepackaged products: See SFCR traceability slide
- For Cases /shipping containers not sold as consumer packages : See-slide SFCR Traceability requirements

For **consumer prepackaged products** (includes cases if sold as consumer prepackaged units at retail), the following traceability information is required:

- A label of a consumer prepackaged fresh fruit or vegetable (i.e., case sold as a consumer prepackaged unit) must include:
- the [common name*](#)
- the [name and principal place of business of the person by or for whom the food was manufactured, prepared, produced, stored, packaged or labelled](#)
- [a lot code](#) **

*Labelling exemptions may apply. Please refer to labelling requirements for cases below.

** **Industry is urged to consider how their choice of lot code will impact scope of product withdrawal in the event of a recall or food safety incident. Particularly at the case level, industry is strongly urged to use a traditional lot code that provides sufficient specificity to identify the brand owner, a specific timeframe in which it harvested or packed (e.g., 24-hour period) and other information.**

Please refer to the [CPMA Traceability page](#) for access to Traceability Guidance Document for Industry Compliance with the Safe Food for Canadians Regulations (SFCR) for more information on traceability requirements, including examples of lot codes, exceptions, and special cases.

CFIA Reference:

<https://inspection.canada.ca/food-safety-for-industry/traceability/traceability/eng/1522294721005/1522294781171>

Traceability Labeling Requirements

Canada – Continued

For **cases/shipping containers** of fresh fruits and vegetables (not sold as consumer prepackaged units), the following traceability information is required.

- A label or other document (ex: bill of lading, ASN – Advanced Ship Notice, etc.) must be applied, attached, or accompany the fresh fruits or vegetables when you provide it to another business. This label or other document must include:
 - the [common name*](#)
 - the [name and principal place of business of the person by or for whom the food was manufactured, prepared, produced, stored, packaged or labelled](#)
 - the [lot code**](#) or [unique identifier](#)

Note:

- A bill of lading which contains common name, name and principal place of business, and a unique bill of lading number that accompanies a case of bulk avocados would meet traceability requirements.
- A sticker applied directly to the case which includes common name, name and principal place of business, and lot code would meet traceability requirements.

* Labelling exemptions may apply. Please refer to labelling requirements for cases below

** If the lot code is on the individual consumer prepackaged product within the case/shipping container, the lot code would not have to be included on the case/shipping container as this would be sufficient for “accompanying the food”. However, business requirements are likely to require a label on the case for multiple purposes – please consult [The Produce Traceability Initiative](#) website for case labelling requirements from buyers.

Note: Industry is urged to consider how their choice of lot code will impact scope of product withdrawal in the event of a recall or food safety incident. Particularly at the case level, industry is strongly urged to use a traditional lot code that provides sufficient specificity to identify the brand owner, a specific timeframe in which it harvested or packed (e.g., 24-hour period) and other information.

Please refer to the [CPMA Traceability page](#) for access to Traceability Guidance Document for Industry Compliance with the Safe Food for Canadians Regulations (SFCR) for more information on traceability requirements, including examples, exceptions, and special cases.

Organic

U.S.A.

- Organic is a labeling term that indicates that the food or other agricultural product has been produced through approved organic methods and certified as organic under [USDA's National Organic Program](#).
- Raw or processed agricultural products in the "100% organic" category must meet these criteria:
 - ✓ All ingredients must be certified organic.
 - ✓ Any processing aids must be organic.
 - ✓ Product labels must state the name of the certifying agent on the information panel.
 - ✓ May include USDA organic seal and/or 100 % organic claim.
 - ✓ Must identify organic ingredients (e.g., organic dill) or via asterisk or other mark.
- On the information panel, below the information identifying the handler or distributor of the product and preceded by the statement, "Certified organic by," identify the name of the certifying agent that certified the handler of the finished product (may display the business address, Internet address, or telephone number of the certifying agent in such label).
- Your certifying agent will review and approve each of your product labels to ensure compliance.



USDA Reference:
<https://www.ams.usda.gov/rules-regulations/organic/labeling> or

CANADA

- An organic product is an agricultural product that has been certified as organic under the [SFCR](#).
- Must be certified by a [CFIA-approved certification body](#) and the name of the certification body must be on the label.
 - For imported organic product from countries with whom Canada has an [organic equivalency arrangement](#), certification must be to the terms of the agreement and the certification body must be accredited by the foreign country and recognized by Canada. The lists of accredited and recognized certification bodies can be accessed [here](#).
- The term "Certified organic" can only be used when followed by the term "by" and the name of the certification body.
- If the Canada Organic logo is on a label of an imported product, the statement "Product of" immediately preceding the name of the country of origin, or the statement "Imported" must be in close proximity to the logo.
- The "100% organic (product name)" claim is not permitted in Canada.
- All bilingual requirements apply to consumer organic product labels, including Quebec language laws.
- **PLU stickers:**
 - If an organic claim is made on a PLU sticker, the name of the certification body that has certified the product as organic is required. For more info, visit [FAQ: Organic PLU stickers on bulk fresh fruits and vegetables](#).
- An organic claim, along with the name of its certification body, is considered an environmental statement. Please refer to labelling exemptions on following page for environmental statements.

CFIA Reference:
<https://inspection.canada.ca/food-labels/labelling/industry/fresh-fruits-or-vegetables/eng/1631894552081/1631895352383?chap=15#c15>



Exemptions

From labeling requirements

U.S.A.

Produce that is:

- Displayed in bulk in a retail store without any packaging.
- An open container of fresh fruit or vegetable which is not more than one dry quart (rigid or semi-rigid construction) which is not closed by lid.
- Prepackaged In a wrapper or otherwise other than an uncolored transparent wrapper which does not obscure contents.

FDA Reference:

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/cfrsearch.cfm?fr=101.100>

CANADA

Below are exceptions to labelling provisions of the [SECR](#) for consumer prepackaged FFV that are :

- Prepackaged in a wrapper or confining band that is less than ½ inch (13 mm) in width (and does not have a tag attached)
- Packaged in a protective wrapper, or a protective bag, that is transparent and on which no information is shown other than a price, bar code, number code, environmental statement or product treatment symbol.
 - Note: An organic claim, along with the name of its certification body, is considered an environmental statement.

For more information on some additional exemptions see Reference below.

CFIA Reference:

<https://inspection.canada.ca/food-labels/labelling/industry/fresh-fruits-or-vegetables/eng/1631894552081/1631895352383?chap=15#c3>

Allergens

U.S.A.

- The Food Allergen Labeling and Consumer Protection Act (FALCPA) of 2004 is an amendment to the Federal Food, Drug, and Cosmetic Act and requires that the label of a food that contains an ingredient that is or contains protein from a "major food allergen" declare the presence of the allergen in the manner described by the law.
 - ✓ Under FALCPA, raw agricultural commodities (generally fresh fruits and vegetables) are exempt as are highly refined oils derived from one of the eight major food allergens and any ingredient derived from such highly refined oil.
- The allergen declaration must be declared in one of two ways:
 - ✓ The common name or usual name in the ingredient list of ingredients .
 - ✓ The word "Contains" followed by the name of the allergen immediately after the ingredient list.
- Precautionary labeling such as "May contain" should not be used.

FDA Reference:

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm106187.htm>

CANADA

Allergen Labelling – Labelling of Allergen, Gluten Sources and Sulphites

- When sulphites[^] (when 10 ppm or more, and not already required to be shown in a list of ingredients), a priority allergen^{^^} or gluten sources are present in produce through addition as ingredients, processing aids or wax coating components, they must be declared by the prescribed source names, in an ingredient list or a "contains" statement^{^^^}, on any panel, except the bottom of the package.
- For location of Allergen statement see CFIA Industry Labelling Tool [Food allergens, gluten and added sulphites](#)

[^] Section [B.11.001.1](#) of the Food and Drug Regulations prohibits the sale of "any fruit or vegetable that is intended to be consumed raw, except grapes, if sulphurous acid or any salt thereof has been added thereto." The only fresh produce officially exempt from this ruling are table grapes.

^{^^} In Canada, the eleven (11) priority food allergens are peanuts, tree nuts (includes almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios or walnuts), sesame seeds, milk, eggs, fish, crustaceans and molluscs, soy, wheat and triticale, mustard seeds, and sulphites.

^{^^^} Example: Wax coatings containing casein used on fresh produce, can declare "Contains milk."

CFIA Reference:

<https://inspection.canada.ca/food-labels/labelling/industry/fresh-fruits-or-vegetables/eng/1631894552081/1631895352383?chap=15#s5c8>

Sulphites

U.S.A.

- Any standardized food that contains a sulfiting agent or combination of sulfiting agents that is functional and provided for in the applicable standard or that is present in the finished food at a detectable level is misbranded unless the presence of the sulfiting agent or agents is declared on the label of the food. A detectable amount of sulfiting agent is 10 parts per million or more of the sulfite in the finished food.
- The sulphite declaration must be declared in one of two ways:
 - ✓ The common name or usual name in the ingredient list of ingredients .
 - ✓ The word "Contains" followed by the name of the allergen immediately after the ingredient list.
- Precautionary labeling such as "May contain" should not be used.

FDA Reference:

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=101.100> or
<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/cfrsearch.cfm?fr=130.9>

CANADA

- When sulphites (when 10 ppm or more and not already required to be shown in a list of ingredients), priority allergen or gluten sources are present in a prepackaged product, through addition as ingredients, processing aids or wax coating components, they must be declared by the prescribed source names, in an ingredient list* or a "contains" statement, on any panel, except the bottom of the package.
- Section [B.11.001.1](#) of the Food and Drug Regulations prohibits the sale of "any fruit or vegetable that is intended to be consumed raw, except grapes, if sulphurous acid or any salt thereof has been added thereto." The only fresh produce officially exempt from this ruling are table grapes. Fresh peeled or pre-cut potatoes treated with sulphites that are destined for further processing into cooked products (e.g., pre-cut potatoes to make French fries or potato chips) must be labelled as treated with sulphites for further processing.

* For Manner of declaring sulphites see the CFIA ILT [here](#)

CFIA Reference:

<https://inspection.canada.ca/food-label-requirements/labelling/industry/list-of-ingredients-and-allergens/eng/1383612857522/1383612932341?chap=2#s8c2>

Gluten Claims

U.S.A.

- The claim “gluten-free” is voluntary. Food products bearing a gluten-free claim must meet FDA requirements.
- Foods may be labeled “gluten-free”, “free of gluten”, “no gluten”, “without gluten” if they are inherently gluten free; or do not contain an ingredient that is:
 - ✓ a gluten-containing grain (e.g. spelt wheat);
 - ✓ derived from a gluten-containing grain that has not been processed to remove gluten (e.g. wheat flour);
 - ✓ derived from a gluten-containing grain that has been processed to remove gluten (e.g. wheat starch), if the use of that ingredient results in the presence of 20 ppm or more gluten in the food.
- The placement of “gluten free” may be anywhere on the package as long as it does not interfere with mandatory labeling requirements.

FDA Reference:

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm362510.htm>

CANADA

- A gluten-free claim is any representation in labelling or advertising that states, suggests or implies that a food is free of gluten.
- Since fresh fruits and vegetables are inherently gluten-free, they can only make a general gluten-free claim stating that the ‘product’, like all similar products, is gluten free. (A “naturally gluten-free” claim is considered to have the same meaning). For example, the statement could declare “Gluten-Free, all fresh produce is inherently gluten-free”.
- In order for a food to be represented as “gluten-free”, it must comply with FDR B.24.018, must be factual and not misleading.

CFIA Reference:

<http://www.inspection.gc.ca/food/labelling/food-labelling-for-industry/allergens-and-gluten/eng/1388152325341/1388152326591?chap=2>

Ingredient Declaration

U.S.A.

- Common name required.
- Each ingredient listed in descending order of predominance.
- The ingredient list may be placed on the PDP, if information panel is not utilized.
- If information panel is used, the ingredient list must be placed under the nutrition facts.
- On the same label panel as the name and address of the manufacturer, packer or distributor.
- Use a type size that is at least 1/16 inch in height (based on the lower case “o”) and that is prominent, conspicuous, and easy to read.
- “Ingredients may vary” cannot be used in the ingredient list.
- Ingredient labeling is not required if the package includes only one ingredient.

FDA Reference:

<https://www.fda.gov/downloads/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/UCM265446.pdf> (Chapter 6)

CANADA

Ingredient list - If a product is a multi-ingredient product (a prepackaged product consisting of more than one ingredient ex: a mixture of fresh-cut fruits or vegetables, bagged lettuce blends, etc.), the ingredients must be shown in descending order of their proportion of the prepackaged product or as a percentage of the prepackaged product, and the order or percentage must be the order or percentage of the ingredients before they are combined to form the prepackaged product.

- List of ingredients must appear on any part of the label other than solely on the bottom of the container, and in both official languages.
- For more information on declaring ingredients that have been substituted, omitted, or varied, please refer to the [CFIA Industry Labelling Tool](#).

CFIA Reference:

<https://inspection.canada.ca/food-labels/labelling/industry/fresh-fruits-or-vegetables/eng/1631894552081/1631895352383?chap=15#c8>

Ingredient Declaration

USA Example

Nutrition Facts	
About 5 servings per container	
Serving size	1 1/2 cups (140g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg 0% • Calcium 81mg 6%	
Iron 0mg 0% • Potassium 150mg 4%	
Vitamin C 275mg 310%	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
INGREDIENTS: APPLES, CALCIUM ASCORBATE (A BLEND OF CALCIUM AND VITAMIN C TO MAINTAIN FRESHNESS AND COLOR)	

Ingredient Declaration

Canadian Example

- On December 14, 2016, final amendments to the Canadian Food and Drug Regulations were published which included changes which will be required for all ingredient lists included on packaging after December 14, 2021.
- The following are examples of List of Ingredients formats before and after the amendments:

ORIGINAL

Ingredients: Organic spinach, organic kale
Ingrédients: Épinards biologique, chou frisé biologique

NEW

Ingredients: Organic spinach • Organic kale
Ingrédients: Épinards biologique • Chou frisé biologique

Bullets or commas can be used to separate ingredients.

Note use of upper- and lower-case fonts.

References:

- Food Labelling Changes: <https://www.canada.ca/en/health-canada/services/food-labelling-changes.html>
- A Compendium of Templates for Nutrition Facts Tables and List of Ingredients can be obtained at: <https://www.canada.ca/en/health-canada/services/technical-documents-labelling-requirements/design-templates-nutrition-facts-list-ingredients.html>
- Food and Drug Regulations amendments (14-12-2016): <http://gazette.gc.ca/rp-pr/p2/2016/2016-12-14/html/sor-dors305-eng.html>

Nutrition Labeling

U.S.A.

- Nutrition labeling for raw produce (fruits and vegetables) is voluntary. Voluntary retail labeling requirements for retail sale are found at 21 C.F.R. §142-145.
- FDA has clarified in guidance that waxing, peeling, trimming, cutting, and/or packaging produce (e.g., to produce packaged carrot sticks) are not activities that would create mandatory nutrition labeling. However, the exemption disappears and nutrition labeling at point of purchase becomes mandatory if any nutrition claims or other nutrition information in any context is provided on the label or in labeling or advertising for any fresh fruit or vegetable, whether Top 40 or otherwise. 21 C.F.R. § 101.9(j)(10).
- If required, FDA's nutrition labeling requirements have recently changed and have a compliance date of January 2020 for large manufacturers. The new requirements include changes that affect serving sizes and reference amounts for various nutrients, along with a number of formatting revisions. See FDA, [Labeling & Nutrition > Changes to the Nutrition Facts Label](#).
- The mandatory nutrition panel must appear on the principal display panel, information panel, or any alternate panel that can be seen by the consumer.

CANADA

- Fresh fruits or vegetables without any added ingredients, including some food additives, are always exempt from displaying a Nutrition Facts table. Voluntary display of the Canadian Nutrition Facts table is permitted and must meet all requirements of the FDR, including the correct format in both official languages.
- The presence of a nutrition or health claim on fresh fruits or vegetables without any added ingredients, an orange with added food colour or a fresh vegetable or fruit coated with mineral oil, paraffin wax, petrolatum or any other protective coating does not trigger a Nutrition Facts table.

CFIA Reference: <https://inspection.canada.ca/food-labels/labelling/industry/fresh-fruits-or-vegetables/eng/1631894552081/1631895352383#c9>

Nutrition Labeling Continued

U.S.A.

- A number of exemptions may apply, e.g., “small packages” may be printed with a telephone number or an address to obtain nutrition information. See 21 C.F.R. § 101.9(j).
- When nutrition labeling must appear in a second language, the nutrition information may be presented in a separate nutrition label for each language or in one nutrition label with the information in the second language following that in English.
- Numeric characters that are identical in both languages need not be repeated (e.g., “Protein/Protéines 2 g”). All required information must be included in both languages.

FDA Reference:

<https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm> or <https://www.gpo.gov/fdsys/pkg/FR-2016-05-27/pdf/2016-11867.pdf>

Note: In both USA and Canada – when a Nutrition Facts Table is included on packaging, it must contain mandatory core nutrient values. The percentage Daily Values (DV) for some nutrients in the U.S.A. and Canada may vary (E.g. Calcium, Iron). FDA and Health Canada have regulatory updates including changes to the content and format of their respective Nutrition Facts Tables. See next slides

CANADA

- Only a Canadian Nutrition Facts (NfT) table may be used to provide nutrition information in Canada. Nutrition Labelling Systems from another country are not acceptable. See [Directory of Nutrition Facts Table Formats - Canada.ca](#)
- An NfT provided, must be on any one continuous surface of the available display surface (ADS) including the bottom if it is considered part of the ADS, and is not allowed to continue over edges and corners onto a second surface or panel
- When there is sufficient space to do so, the NfT must be oriented in the same manner as the other information on the label.

References:

<http://www.inspection.gc.ca/food/labelling/food-labelling-for-industry/nutrition-labelling/eng/1386881685057/1386881685870> and <http://www.inspection.gc.ca/food/labelling/food-labelling-for-industry/nutrition-labelling/presentation/eng/1387664849974/1387664998059?chap=1#s3c1>

<https://www.canada.ca/en/health-canada/services/food-labelling-changes.html>

Nutrition Labeling

Examples of USA Nutrition Facts

Original Label		New Label	
Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8		Nutrition Facts 8 servings per container Serving size 2/3 cup (55g)	
Amount Per Serving Calories 230 Calories from Fat 72		Amount per serving Calories 230	
% Daily Value*		% Daily Value*	
Total Fat 8g	12%	Total Fat 8g	10%
Saturated Fat 1g	5%	Saturated Fat 1g	5%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 160mg	7%	Sodium 160mg	7%
Total Carbohydrate 37g	12%	Total Carbohydrate 37g	13%
Dietary Fiber 4g	16%	Dietary Fiber 4g	14%
Sugars 1g		Total Sugars 12g	
Protein 3g		Includes 10g Added Sugars	20%
Vitamin A	10%	Protein 3g	
Vitamin C	8%	Vitamin D 2mcg	10%
Calcium	20%	Calcium 260mg	20%
Iron	45%	Iron 8mg	45%
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</small>		Potassium 235mg	6%
Total Fat	Less than 65g	80g	
Sat Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>			

On May 27, 2016 FDA published final regulations changing the requirements for the Nutrition Facts panel required on almost all food packages.

Nutrition Labeling

Examples of Canadian Nutrition Facts Tables

Original

Nutrition Facts	
Valeur nutritive	
Per 1/2 container (71 g) pour 1/2 contenant (71 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 35	
Fat / Lipides 0.5 g	1 %
Saturates / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 30 mg	1 %
Carbohydrate / Glucides 7 g	2 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	60 %
Vitamin C / Vitamine C	100 %
Calcium / Calcium	8 %
Iron / Fer	8 %

New

Nutrition Facts	
Valeur nutritive	
Per HM (MM) pour MD (MM)	
Amount Teneur	% Daily Value* % valeur quotidienne*
Calories #####	## %
Fat / Lipides ## g	## %
Saturated / saturés ## g + Trans / trans ## g	## %
Carbohydrate / Glucides ## g	
Fibre / Fibres ## g	## %
Sugars / Sucres ## g	## %
Protein / Protéines ## g	
Cholesterol / Cholestérol ### mg	
Sodium ##### mg	## %
Potassium ##### mg	## %
Calcium ##### mg	## %
Iron / Fer ## mg	## %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

In December 2016, Health Canada published final regulations changing the requirements for the Nutrition Facts panel, which came into effect on December 15, 2021.

Serving Size

U.S.A.

- The term serving or serving size means an amount of food customarily consumed per eating occasion by persons 4 years of age or older which is expressed in a common household measure that is appropriate to the food. When the food is specially formulated or processed for use by infants or by toddlers, a serving or serving size means an amount of food customarily consumed per eating occasion by infants up to 12 months of age or by children 1 through 3 years of age, respectively.
- Reference Amount Customarily Consumed (RACC) found in 21 C.F.R. § 101.12 are to derive a serving size for a particular product. This regulation changed recently and its compliance date not until January 2020, consistent with the Nutrition Facts requirements.
- ✓ Products that are packaged and sold individually and
 - ✓ Contain 50% less than the RACC, the serving size is the number of whole units that most closely approximates the RACC.
 - ✓ Contain at least 50%, but less than 67%, the serving size may be 1 or 2 units.
 - ✓ Contains at least 67%, but less than 200%, the reference amount is 1 unit
 - ✓ Contains between 200% and 300%, the serving size shall be the amount most approximate to the RACC, but a dual column which includes nutrition information for the individual unit.

FDA Reference:

www.federalregister.gov/documents/2016/05/27/2016-11865/food-labeling-serving-sizes-of-foods-that-can-reasonably-be-consumed-at-one-eating-occasion or www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Labeling/Nutrition/ucm385663.htm or www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=101.12

CANADA

- The serving size is based on the edible portion of the food as offered for sale. In general, it must be expressed in the Nutrition Facts Table (NfT) as a household measure (HM) (first) and in metric measure (MM) (second, in brackets) in the same units as the net quantity declaration.
- Under the new regulations* the serving size for fresh fruits and vegetables is based on regulated reference amounts. ** See Serving Size slides more information on Canadian serving sizes.
- The [Table of Reference Amounts for Foods](#) was updated on November 24, 2022, based on new food consumption data and market trends. Industry will have until **January 1, 2026** to comply with the updated Table of Reference Amounts for Food. A prepackaged product can continue to be labelled in accordance with the [previous version of this document](#) (dated December 14, 2016) until December 31, 2025.

References:

CFIA Food Labelling for Industry: <http://www.inspection.gc.ca/food/labelling/food-labelling-for-industry/nutrition-labelling/information-within-the-nutrition-facts-table/eng/1389198568400/1389198597278?chap=1#s2c1>

* Canadian Food Labelling Changes: <https://www.canada.ca/en/health-canada/services/food-labelling-changes.html#a3>

** Table of Reference Amounts for Food: <https://www.canada.ca/en/health-canada/services/technical-documents-labelling-requirements/table-reference-amounts-food/nutrition-labelling.html#>

Serving Size Examples

U.S.A. The following is a sampling of reference amounts used as the basis for determining serving sizes for specific products

Product Category	Reference Amount	Label Statement
Potatoes and Sweet Potatoes/Yams:		
French fries, hash browns, skins, or pancakes	70 g prepared; 85 g for frozen unprepared French fries	_ piece(s) (_ g) for large distinct pieces (e.g., patties, skins); 2.5 oz (70 g/_ pieces) for prepared fries; 3 oz (84 g/_ pieces) for unprepared fries
Plain, fresh, canned, or frozen	110 g for fresh or frozen; 125 g for vacuum packed; 160 g for canned in liquid	_ piece(s) (_ g) for discrete pieces; _ cup(s) (_ g) for sliced or chopped products
Salads:		
Pasta or potato salad	140 g	_ cup(s) (_ g)
All other salads, e.g., egg, fish, shellfish, bean, fruit, or vegetable salads	100 g	_ cup(s) (_ g)
Vegetables:		
Dried vegetables, dried tomatoes, sun-dried tomatoes, dried mushrooms, dried seaweed	5 g, add 5 g for products packaged in oil	_ piece(s) (_ g); _ cup(s) (_ g)
Vegetables primarily used for garnish or flavor, e.g., pimento, parsley	4 g	_ piece(s) (_ g); _ tbsp(s) (_ g) for chopped products
Fresh or canned chili peppers, jalapeno peppers, other hot peppers, green onion	30 g	_ piece(s) (_ g); _ tbsp(s) (_ g); _ cup(s) (_ g) for sliced or chopped products
All other vegetables without sauce: fresh, canned, or frozen	85 g for fresh or frozen; 95 g for vacuum packed; 130 g for canned in liquid, cream-style corn, canned or stewed tomatoes, pumpkin, or winter squash	_ piece(s) (_ g) for large pieces (e.g., Brussels sprouts); _ cup(s) (_ g) for small pieces (e.g., cut corn, green peas); 3 oz (84 g/visual unit of measure) if not measurable by cup
All other vegetables with sauce: fresh, canned, or frozen	110 g	_ piece(s) (_ g) for large pieces (e.g., Brussels sprouts); _ cup(s) (_ g) for small pieces (e.g., cut corn, green peas); 4 oz (112 g/visual unit of measure) if not measurable by cup
Sprouts, all types: Fresh or canned	¼ cup	_ tbsp (_ g)
Fruits and Fruit Juices:		
Dehydrated fruits—see snacks category		
Dried	40 g	_ piece(s) (_ g) for large pieces (e.g., dates, figs, prunes); _ cup(s) (_ g) for small pieces (e.g., raisins)
Watermelon	280 g	See footnote 12
All other fruits (except those listed as separate categories), fresh, canned, or frozen	140 g	_ piece(s) (_ g) for large pieces (e.g., strawberries, prunes, apricots, etc.); _ cup(s) (_ g) for small pieces (e.g., blueberries, raspberries, etc.) ¹²

Serving Size Examples

CANADA

The following is a sampling of [reference amounts](#) to be used for determining serving sizes for specific products under the new Food and Drug Regulation published November 24, 2022. A prepackaged product can continue to be labelled in accordance with the [previous version of this document](#) (dated December 14, 2016) until December 31, 2025.

Product Category	Reference Amount (RA) ^{Note 1}	Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ^{Note 3} -HM (MM)
Fruit, including fruit salad or mixed fruit, fresh, frozen or canned, coated or uncoated, except those listed as a separate item in column 1	140 g 167 mL canned ^{Note 2}	Whole fruit: <ul style="list-style-type: none"> MM: RA HM: # of whole pieces or units or fraction of the fruit closest in weight in grams to the RA 	# piece(s) or unit(s) (140 g) fraction fruit (140 g)
		Package of multiple, individually prepackaged units, where one unit weighs either 50% to 200% of the RA, or more than 200% of the RA but can reasonably be consumed by one person at a single eating occasion: <ul style="list-style-type: none"> HM: one prepackaged unit MM: the weight of the HM in grams 	fresh or frozen: 1 unit (# g) canned: 1 unit (# mL)
		Package of multiple units: <ul style="list-style-type: none"> HM: number of whole pieces or units closest to the RA in grams or millilitres MM: the amount of the HM in grams or millilitres 	fresh or frozen: # piece(s) or unit(s) (# g) canned: # piece(s) or unit(s) (# mL)
		Cut up, crushed: <ul style="list-style-type: none"> MM: RA HM: fraction of the cup, or number of pieces or units, that is closest in weight in grams to the RA 	fresh or frozen: fraction cup (140 g); # piece(s) or unit(s) (140 g) canned: 2/3 cup (167 mL); # piece(s) or unit(s) (167 mL)
Blueberries, raspberries, blackberries or a mixture of these	80 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the cup that is closest in weight in grams to the RA 	fraction cup (80 g)
Watermelon, cantaloupe, honeydew and other melons or a mixture of these	150 g	Cut up: <ul style="list-style-type: none"> MM: RA HM: the number of cups or fraction of the cup that is closest in weight in grams to the RA 	# cup(s) or fraction cup (150 g)
		Whole: <ul style="list-style-type: none"> MM: RA HM: fraction of the fruit closest in weight in grams to the RA 	fraction fruit (150 g)
Avocado, used as an ingredient	30 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the fruit or of a cup, closest in weight in grams to the RA 	fraction avocado (30 g) Fraction cup (30g)
Cranberries, lemons and limes, used as ingredients	55 g	Cranberries: <ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in weight in grams to the RA 	fraction cup (55 g)
		Lemons and limes: <ul style="list-style-type: none"> MM: RA HM: # of whole pieces or units or fraction of the fruit closest in weight in grams to the RA 	# piece(s) or unit(s) (55 g) fraction fruit (55 g)

Serving Size

Examples Continued

CANADA

The following is a sampling of [reference amounts](#) to be used for determining serving sizes for specific products under the new Food and Drug Regulation published November 24, 2022. A prepackaged product can continue to be labelled in accordance with the [previous version of this document](#) (dated December 14, 2016) until December 31, 2025.

Product Category	Reference Amount (RA) ^{Note 1}	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	A. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ^{Note 3} HM (MM)
Vegetables without sauce, including cream style corn and stewed tomatoes, artichoke hearts and hearts of palm, packed in water, lettuce, all varieties, but not including vegetables without sauce listed as a separate item in column 1	85 g fresh or frozen 125 mL canned Note 2	<ul style="list-style-type: none"> Whole vegetables and lettuce, including bagged salad blends: HM: number of whole pieces or units or fraction of the vegetable or package closest in weight in grams to the RA 	Fresh or frozen: #cups (85g) # piece(s) or unit(s) (85g) Fraction vegetable (85g) Fraction package (85g) Canned: 1/2cup (125mL)
		Cream style corn and stewed tomatoes or chopped, cubed, riced or spiralized vegetables: <ul style="list-style-type: none"> MM: RA HM: 1/2 cup number or fraction of a cup or number of pieces or units, that is closest in weight in grams to the RA or ½ cup if canned 	Fresh or frozen: #cup(s) (85g) Fraction cup (85g) #piece(s) or unit(s) (85g) canned: 1/2cup (125mL)
Vegetables primarily used for garnish or flavoring, fresh, canned or frozen, but not dried, such as parsley or garlic	4 g fresh or frozen 5 mL canned Note 2	Fresh: <ul style="list-style-type: none"> MM: RA HM: number of teaspoons closest in weight in grams to the RA 	# tsp (4 g)
Vegetables with sauce	110 g fresh or frozen 125 mL canned	Fresh or frozen: <ul style="list-style-type: none"> HM: number of pieces or units or fraction of a cup closest in weight in grams to the RA MM: the weight of the HM in grams Canned: <ul style="list-style-type: none"> MM: RA HM: 1/2cup 	# piece(s) or unit(s) (# g) fraction cup (# g) 1/2cup (125ml)
Chili pepper and green onion	30 g	<ul style="list-style-type: none"> MM: RA HM: number of pieces or units, fraction of the cup or number of tablespoons closest in weight in grams to the RA 	# piece(s) or unit(s) (30 g) fraction cup (30 g) # tbsp (30 g)

Serving Size

Examples Continued

CANADA

The following is a sampling of [reference amounts](#) to be used for determining serving sizes for specific products under the new Food and Drug Regulation published November 24, 2022. A prepackaged product can continue to be labelled in accordance with the [previous version of this document](#) (dated December 14, 2016) until December 31, 2025.

Product Category	Reference Amount (RA) Note 1	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	A. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products Note 3 HM (MM)
Seaweed, dehydrated mushrooms	15 g	HM: number of pieces or units closest in weight in grams to the RA MM: the weight of the HM in grams	# piece(s) or unit(s) (# g)
Sprouts	65 g	<ul style="list-style-type: none"> MM: RA HM: fraction of the cup closest in weight in grams to the RA 	fraction cup (65 g)
Vegetable juice and vegetable drink	250 mL	<ul style="list-style-type: none"> MM: RA HM: 1 cup 	1 cup (250 mL)
Potatoes, sweet potatoes, yams, cassava, plantains, plain, fresh, canned or frozen	110 g fresh or frozen, 125 g vacuum-packed, 167 mL canned Note 2	<ul style="list-style-type: none"> HM: number of whole pieces or fraction of the food or of the package closest in weight in grams or milliliters to the RA MM: the amount of the HM in grams or milliliters 	# piece(s) (# g) Fraction food (#g0=) # piece(s) (# mL)

Serving Size

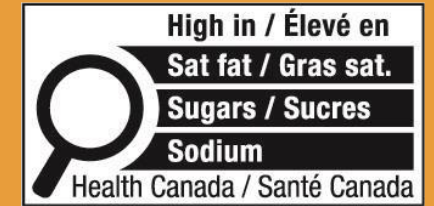
Examples Continued

CANADA

The following is a sampling of [reference amounts](#) to be used for determining serving sizes for specific products under the new Food and Drug Regulation published November 24, 2022. A prepackaged product can continue to be labelled in accordance with the [previous version of this document](#) (dated December 14, 2016) until December 31, 2025.

Product Category	Reference Amount (RA) ^{Note 1}	A. Criteria to Determine the Serving of Stated Size for Multiple-Serving Prepackaged Products	A. Units for Expressing the Serving of Stated Size for Multiple-Serving Prepackaged Products ^{Note 3} HM (MM)
Salads, such as egg, fish, shellfish, bean, vegetable including salad kit , broccoli salad and carrot salad, meat, ham or poultry salad, except those listed as a separate item in column 1	100 g	MM: RA HM: fraction of a cup or of the package closest in weight in grams to the RA	fraction cup (100 g) fraction package (100 g)
Burritos, enchiladas, pizza, pizza rolls, sausage rolls, pastry rolls, cabbage rolls, quiche, sandwiches, crackers and meat or poultry lunch-type packages, gyros, burger on a bun, frank on a bun, calzones, tacos, pockets stuffed with meat, chicken cordon bleu, stuffed vegetables with meat or poultry, kabobs and souvlaki (meat and vegetables), empanadas, fajitas, sushi, perogies, souvlaki, pot pie, meat pie or tourtière, salad kit/bowl, consumed as a meal	200 g	•Pieces or units:HM: number of whole pieces or units or fraction of the package closest in weight in grams to the RA •MM: the weight of the HM in grams	# piece(s) or unit(s) (# g) fraction package (# g)

Front-of-package nutrition labelling



CANADA

- On July 20, 2022, Health Canada introduced new nutrition labelling regulations for packaged foods requiring a symbol on the front of packages (FOP) indicating that a food is high in saturated fat, sugars, and/or sodium. For most prepackaged products, an FOP nutrition symbol must appear on the label when the amount of saturated fat, sugars, and/or sodium is equal or greater than 15% of daily value. However:
 - For prepackaged [main dishes](#) with a reference amount of $\geq 200\text{g}$ (i.e. salad kit with reference amount $\geq 200\text{g}$ composed of greens, dressing, and bacon), the symbol must appear when the amount of saturated fat, sugars and/or sodium is $\geq 30\%$ of the applicable daily value.
 - For prepackaged products with a reference amount $\leq 30\text{g}$ or 30 ml , the symbol must appear when the amount of saturated fat, sugars, and/or sodium is greater $\geq 10\%$ of the applicable daily value.
- Whole or cut fresh, frozen, canned or dried fruits or vegetables are **conditionally exempt** from the symbol requirements as they are considered foods with health protection benefits.
 - **Examples of eligible products:** chopped, diced, grated, riced and shredded forms of fruits and vegetables
 - **Examples of products not eligible:** juices, purées, pastes and powdered forms of fruits and vegetables, all forms of coconut
- Fresh fruits and vegetables **lose their conditional exemption** when:
 - they contain an ingredient that contains saturated fat, sugars or sodium other than ingredients set out in subsection [B.01.350\(7\)](#) and [\(8\)](#) and
 - the total amount of the nutrient of concern in the products (from all ingredients) meets or exceeds the threshold for that nutrient.
- Manufacturers must comply with these requirements as of **January 1, 2026**. However, products imported, manufactured in Canada or packaged at retail before January 1, 2026 can remain in the warehouse and continue to be sold on store shelves.
- For more information, please refer to [Front-of-package nutrition symbol labelling guide for industry](#)

CFIA Reference: <https://www.canada.ca/en/health-canada/services/food-nutrition/legislation-guidelines/guidance-documents/front-package-nutrition-symbol-labelling-industry.html>

Date Codes

U.S.A.

- FDA does not require food firms to place “Open Dating” on produce. This information is entirely at the discretion of the manufacturer. “Open Dating” (use of a calendar date as opposed to a code). It is not a safety date.
 - ✓ If a calendar date is used, it must express both the month and day of the month (and the year, in the case of shelf-stable and frozen products). If a calendar date is shown, immediately adjacent to the date must be a phrase explaining the meaning of that date such as “sell by” or “use before.”
- There is no uniform or universally accepted system used for food dating in the United States.
 - ✓ A “Sell-By” date tells the store how long to display the product for sale. You should buy the product before the date expires.
 - ✓ A “Best if Used By (or Before)” date is recommended for best flavor or quality. It is not a purchase or safety date.
 - ✓ A “Use-By” date is the last date recommended for the use of the product while at peak quality. The date has been determined by the manufacturer of the product.

FDA Reference:

<https://www.fda.gov/news-events/fda-voices/working-food-industry-reduce-confusion-over-date-labels>

CANADA

- **Best-before dates:** Prepackaged products consisting of fresh fruits and vegetables are **exempt** from best-before date labelling. However, if the manufacturer/retailer chooses to **voluntarily** provide customers with this information, on a product to be sold as a **consumer unit**, it must be shown in the form and manner prescribed in the *Food and Drug Regulations (FDR)* regulations for the durable life date, and only the terms “best before” and “meilleur avant” [B.01.007 FDR](#), can be used.
 - **For case/shipping container not sold as a consumer product the manner prescribed above is not required**
- If a best-before date **is voluntarily provided, on a consumer prepackaged product**, the date must be declared in both **French and English on any panel except the bottom** of the container. The date, however, may be placed on the bottom of the container, as long as a clear indication of its location is shown elsewhere on the label. [B.01.005 (4) FDR] **Best-before dates** shall be shown in the following manner:
 - the words “best before” and “meilleur avant” are grouped together
 - the **year**, if necessary for clarity, shall be shown first and shall be expressed by at least the last two numbers of the year
 - the **month** shall be shown **in words** (or bilingual symbol) after the year, if the year is shown, it may be abbreviated as prescribed by the regulation (See [CFIA Food Labelling for Industry](#)). the **day** of the month shall be shown after the month and shall be expressed **in numbers**

CFIA Reference:

<https://inspection.canada.ca/food-labels/labelling/industry/fresh-fruits-or-vegetables/eng/1631894552081/1631895352383?chap=15#c7>

Date Codes Examples

U.S.A. Examples

- Best By
- Best If Used By
- Sell By
- There are multiple options for printing the date code including:
 - YYYY/MM/DD (ISO 8601)
 - MM/DD/YYYY
 - MM/DD
 - MM/DD
 - MM/DD/YY



CANADA Examples

- Best before
08 JA 30
Meilleur avant
- Best before
Meilleur avant
08 JA 30
- Date format YYMMDD or MMDD (if the year is not needed for clarity)
- Acceptable abbreviations for months (bilingual)



Month	Abbreviation
January	JA
February	FE
March	MR
April	AL
May	MA
June	JN
July	JL
August	AU
September	SE
October	OC
November	NO
December	DE

Date Codes

Packed on dates

CANADA

- The regulatory requirements for “Packed on” dates depends on how it will be used on a label. Please refer to the three scenarios below.
- **Scenario 1:** If a “Packed on” date is voluntarily shown on the label (and **not** used as the lot code **nor** as part of the durable life date – meaning there is no information about how long the product will remain fresh e.g. “Packed on” *plus information about how long the product will remain fresh*, such as “freshest within x days of packaging”):
 - The specific terms “Packaged on” do not need to be used
 - The terms used do not have to be shown in English or French
 - The prescribed date format in B.01.007 do not apply
- **Scenario 2:** If a “Packed on” date is **only** used as the lot code (and **not** used as part of the durable life date):
 - The specific terms “Packaged on” do not need to be used
 - The terms must be shown in English and French, unless bilingual labelling exemptions apply
 - The prescribed date format in B.01.007 do not apply
- **Scenario 3:** If a “Packed on” date is used as the lot code **and** as part of the durable life date:
 - The specific terms “Packaged on” and “Empaqueté le” must be used
 - The terms must be shown in English and French, unless bilingual labelling exemptions apply
 - The prescribed date format in B.01.007 must be used

Storage Instructions

U.S.A.

- There are no refrigeration statements required for fresh fruit and vegetables imposed at the federal level.
- Some states may require retailers and wholesalers to follow any refrigeration statements that are placed on the produce by the producer.
- Retailers and foodservice operators may wish to consult with state or local public health authorities to determine whether any requirements have been imposed on retailers or foodservice operators.
- Requirements may have been imposed on whole intact fruits and vegetables and/or fresh-cut products.
- While some of these efforts may be well intentioned, the reader is advised that it is possible that such requirements do not conform with best industry practices for maintenance of quality and shelf-life for raw intact product.

CANADA

- Prepackaged products consisting of fresh fruits or fresh vegetables do not require storage instructions unless required storage conditions differ from room temperature.

CFIA Reference:

<https://inspection.canada.ca/food-labels/labelling/industry/date-markings-and-storage-instructions/eng/1627497005658/1627497193134>

Irradiation

U.S.A.

- Fresh fruits and vegetables (including lettuce and spinach) and seeds for sprouting (e.g. alfalfa sprouts) have been approved by the [FDA for irradiation](#)
- The FDA requires that irradiated foods bear the international symbol for irradiation, the Radura Symbol, along with the statement "Treated with radiation" or "Treated by irradiation" on the food label.
- FDA requires the labeling of irradiated foods be prominent and conspicuous.
- Bulk foods, such as fruits and vegetables are required to be individually labeled or to have a label next to the sale container.
- FDA does not require that individual ingredients in multi-ingredient foods (e.g., spices) be labeled.

FDA Reference:

<http://www.fda.gov/Food/IngredientsPackagingLabeling/IrradiatedFoodPackaging/ucm081050.htm> or
<http://www.ecfr.gov/cgi-bin/text-idx?c=ecfr&sid=911a36a52aad0759b094cf95b467782e&rgn=div5&view=text&node=21:3.0.1.110&idno=21>



CANADA

- Currently, the only types of fresh fruits and vegetables approved for irradiation and sale in Canada are onions and potatoes for the purpose of inhibiting sprouting.
- Regulations for the labelling of irradiated foods apply to all domestic and imported foods sold in Canada.
- Require the identification of wholly irradiated foods on the labels of consumer prepackaged products, shipping containers, as well as signs on accompanying bulk displays of irradiated foods.
- The label or sign must clearly reveal that the food has been irradiated with both a written statement and the international Radura Symbol on principal display panel or on the sign.
 - Acceptable written statements to accompany this symbol include "irradiated", "treated with radiation" or "treated by irradiation" as these statements clearly reveal that the food has been irradiated.
 - Shipping containers - must carry one of the above irradiation statements and if the food has been subjected to the maximum permitted irradiation dose for that food the label must state : "Do not irradiate again"
 - Symbol must appear in close proximity to the written statement
- Irradiated ingredients that constitute more than 10 percent of the final food must be identified in the list of ingredients as "irradiated".

CFIA Reference:

<http://www.inspection.gc.ca/food/labelling/food-labelling-for-industry/irradiated-foods/eng/1334594151161/1334596074872>

Price Lookup (PLU) / GS1 DataBar

U.S.A.

- PLU (Price Look Up) codes and GS1 DataBar are used at retail to identify bulk produce (and related items such as nuts and herbs) to make check-out and inventory control easier, faster and more accurate. The use of the PLU codes and GS1DataBar is voluntary.
 - ✓ PLU codes are 4 or 5 digit numbers and will appear on a small sticker applied to the individual piece of fresh produce. The PLU number identifies produce items based upon various attributes which can include the commodity, variety, growing methodology (e.g. organic), and the size.
 - ✓ If a PLU Sticker is applied it is advisable to consider the primary function of the PLU label – accurate identification of the product – when making decisions relative to the design of the PLU label. Any peripheral information included on the label, such as brand identification, handling suggestions, country or region of origin, marketing slogans, should not be done so at the expense of the readability/legibility of the PLU number.
- COOL must be declared at Point of Sale and must be in a conspicuous location. COOL statements allowed:
 - ✓ “Produce of”, “Grown in”, “Product of”.
 - ✓ The terms “or”, “and/or” and “may contain” are not allowed.
 - ✓ Check boxes are allowed on Master Containers
- The law allows for comingling of product in retail bins as long as all countries are listed.
- A PLU sticker on produce does not fall in the “pre-labeled” category.
 - ✓ “Pre-labeled” items can include the product itself, consumer-ready packages and master containers.

Reference:

<https://www.ams.usda.gov/rules-regulations/cool> or <http://www.ifpsglobal.com/identification/PLU-Codes>

CANADA

- PLU (Price Look-Up)*, including PLU/GS1 DataBar, is a voluntary labelling system for bulk, unpackaged fresh fruits and vegetables. In general, there are no language requirements for PLU labels at the federal level but, product destined for the Quebec marketplace must meet the French language legislation of that province.
 - For Quebec, it must meet the Quebec [CHARTER OF THE FRENCH LANGUAGE](#) (See Chapter 7) unless exempted**
 - It must be translated into French and be of at least the same prominence.
 - ** Examples of exemptions include: the firm name of a firm established exclusively outside Québec, proper names, addresses, trademarked items
- Any information related to organic status of a fruit or vegetable included on a PLU for use in Canada, must satisfy Canadian requirements for organic produce marketed in Canada (see slide on Organic labelling) ; if the product is to enter the Quebec marketplace, it must also meet the language legislation referred to above. For more info, visit [FAQ: Organic PLU stickers on bulk fresh fruits and vegetables](#).

Note: if a PLU number or sticker is used on a prepackaged fresh fruit or vegetable product and there is any information other than that allowed by [SFCR 213 \(c\)](#), then all labelling requirements for consumer prepackaged products are applicable per this guidance.

- The bilingual PLU commodity list is available on the following IFPS website: https://www.ifpsglobal.com/Portals/22/IFPS%20Documents/Multi-Lingual%20Translations/4.30.23_FRENCH%20Translation%20PLU%20Codes.xlsx?ver=2023-05-10-173706-167

[** Exceptions to Section 51 of the Charter of the French Language](#)

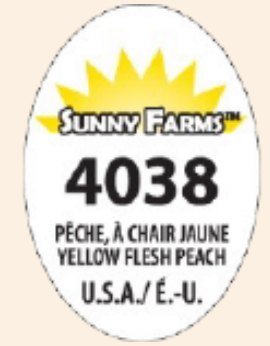
Price Lookup (PLU) / GSI DataBar

Examples

U.S.A



CANADA



Universal Product Codes (UPC)

Please note that, as of December 31, 2019, CPMA and PMA no longer issue new generic UPCs. Both organizations will support the industry in adopting brand owner (company-specific) UPCs for North American produce.

[From Generic U.P.C. to Brand Owner-Specific U.P.C.](#) highlights how the use of brand owner-specific GTINs enables trading partners to tie product information to brand owners and improve category management while also enhancing product traceability and business efficiencies.

ADDITIONAL PACKAGING LABELING – METHOD OF PRODUCTION

GMO/Bioengineered, Halal, Kosher

Users of this guidance document should consult with the appropriate labeling resources as there may be state and country regulatory labeling requirements for specific labeling claims and certifications.

See the following slides for details of requirements for information regarding above method of production claims on packaging.

GMO / Bioengineered



In 2016, USDA's Agricultural Marketing Service was directed by Congress to develop standards for identifying and labeling of Bioengineered (BE) foods. A "Bioengineered (BE) food" is one that:

- (1) that contains genetic material modified through in vitro rDNA techniques and
- (2) the modification could not otherwise be obtained through conventional breeding or found in nature.

The food does not contain modified genetic material – and isn't BE – if the genetic material is not detectable (7 CFR 66.9) (e.g., soy oil, HFCS)

Compliance is voluntary until January 1, 2022, when it becomes mandatory.

GMO / BE

U.S.A.: The USDA Agricultural Marketing Service (AMS) developed the List of Bioengineered Foods to identify the crops or foods that are available in a bioengineered form throughout the world. If a manufacturer, distributor, or importer markets a food containing any item on the List of Bioengineered Foods, they must maintain records documenting whether the food is BE. If there are no records demonstrating the food is not BE, then the food must be labeled as BE.

<https://www.ams.usda.gov/rules-regulations/be/bioengineered-foods-list>

Canada: Health Canada and the Canadian Food Inspection Agency (CFIA) share responsibility for the safety of “novel foods”, including those developed using agricultural biotechnology.

<https://www.canada.ca/en/health-canada/services/food-nutrition/genetically-modified-foods-other-novel-foods/approved-products.html>

GMO / BE

U.S.A

- Food manufacturers may voluntarily label their foods with information about whether the foods were not produced using bioengineering, as long as such information is truthful and not misleading. In general, an accurate statement about whether a food was not produced using bioengineering is one that provides information in a context that clearly refers to bioengineering technology. Examples of such statements include:
 - ✓“Not bioengineered.”
 - ✓“Not genetically engineered.”
 - ✓“Not genetically modified through the use of modern biotechnology.”
 - ✓“We do not use ingredients that were produced using modern biotechnology.”
 - ✓“This oil is made from soybeans that were not genetically engineered.”
 - ✓“Our corn growers do not plant bioengineered seeds.”
- As stated, FDA encourages manufacturers to use labeling claims that state that a food product (or its ingredients, as appropriate) was not developed using bioengineering, genetic engineering, or modern biotechnology such as the claims included above.

Reference:

<http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/ucm059098.htm> or
<http://www.usda.gov/wps/portal/usda/usdahome?navid=BIOTECH&navtype=RT&parentnav=AGRICULTURE>

CANADA

- Labelling of novel foods derived from genetic engineering:
 - require mandatory labelling for GM foods, only where there are health and safety concerns such as the potential to cause allergic reactions, changes to the composition of the food, or changes to the nutritional quality of the food;
 - labelling is understandable, truthful and not misleading;
 - permit voluntary positive or negative labelling on the condition that the claim is not misleading or deceptive and the claim itself is factual,
 - Important criteria for making voluntary labelling and advertising claims that identify foods sold in Canada that are, or are not, products of genetic engineering can be found in the [National Standard of Canada website*](#).
 - **Non-GMO claims:** Claims that a single-ingredient food is not a product of genetic engineering shall not be made for a single ingredient food of which no genetically engineered strains have been offered for sale, **unless accompanied by an explanatory statement**, for example, like all other oranges, these oranges are not a product of genetic engineering (Canadian General Standards Board, 2021).
 - A list of approved genetically modified foods and other novel foods can be found on the [Government of Canada website](#)

References:

Labelling of genetically engineered foods in Canada:
<http://www.inspection.gc.ca/food/labelling/food-labelling-for-industry/method-of-production-claims/genetically-engineered-foods/eng/133337317199/1333373638071>

*National Standard of Canada: <https://publications.gc.ca/site/eng/9.900194/publication.html>

USDA Disclosure Requirements

DISCLOSURE REQUIRED IF:

- **Records demonstrate the food is BE, or**
 - Food is on the List of BE Foods & records do not demonstrate whether the food is BE
- **Appearance**
 - Sufficient size and clarity to appear predominantly on label
 - Must be easily read and understood by consumer
 - No prescriptive requirements on size or appearance
- **Placement** (packaged goods)
 - Information panel directly adjacent to “signature line” disclosing name and location of handler, distributor, packer, or manufacturer; OR
 - Principal display panel; OR
 - An alternate panel likely to be seen (if insufficient space)

Alternative Disclosure Methods

Text

- For raw agricultural commodities, must bear the words “Bioengineered Food”
- “Contains a bioengineered food ingredient” used on multi-ingredient foods

Symbol



Electronic or Digital Link

- “Scan here for more food information” or similar language
- Must include telephone number that will provide BE information any time of day. “Call [number for more food information]”
- Product information page must be first screen to appear after accessing link/code
 - Must include disclosure that complies with text or symbol requirements
 - Cannot be used for marketing
 - Cannot collect user information for marketing purposes

Text Message

- “Text [command word] to [number] for bioengineered food information”
- One-time response that complies with text disclosure or voluntary disclosure requirements
- No marketing associated with disclosure
- Numbers cannot be retained for marketing or sold

Bulk BE Food Disclosure

- Display case, bin, carton, or barrel used at retail location must contain BE disclosure

- Text
- Symbol
- Electronic or Digital Link
- Text Message



- Disclosure must appear on signage (e.g., placard, sign, label, sticker, band, or twist tie) that easily identifies the food

Halal

U.S.A

- HALAL and ZABIAH HALAL: Products prepared by federally inspected packing plants identified with labels bearing references to "Halal" or "Zabiah Halal" must be handled according to Islamic law and under Islamic authority.
- All Federally inspected establishments are eligible to export to the UAE. If products are to be labeled "HALAL", the plant must be able to accommodate the Islamic requirements.
- The United Arab Emirates (UAE) typically requires foreign certifiers to undergo a visit by UAE authorities and a review of certification procedures and staffing as part of the approval process.
- For assistance in locating the nearest U.S. based Islamic Organizations approved as Halal certifiers: contact UAE Consulate:

The Embassy of the United Arab Emirates
3522 International Court, NW
Suite 400
Washington, D.C. 20008
Ph: (202) 243-2400
Fax: (202) 243-2432

USDA Reference:

<http://www.fsis.usda.gov/wps/portal/fsis/topics/international-affairs/exporting-products/export-library-requirements-by-country/United-Arab-Emirates>

CANADA

- In the labelling, packaging or advertising of a food, the *Food and Drug Regulations* prohibit the use of the word "halal" or any letters of the Arabic alphabet, or any other word, expression, depiction, sign, symbol, mark, device or other representation that indicates or that is likely to create an impression that the food is halal, unless the name of the person or body that has certified the food as halal is indicated on the label, package, or in the advertisement for that food [B.01.050, FDR].
- Having the name of the certifying body or person on one of these elements does not preclude it from being required to appear on the other elements when a halal claim is made.
- Acronyms and some company logos may not be easily recognizable to all consumers. Therefore, the complete name of the person or body that certified the food as halal must be present.
- There are no specific requirements on the proximity of a halal claim and the name of the person or body that certified the food to one another.
- The intent of the requirement is to provide additional information to consumers so as to enable them to make informed decisions about the food they purchase. Like all claims, halal claims must be truthful and not misleading.

CFIA Reference:

<https://inspection.canada.ca/food-labels/labelling/industry/method-of-production-claims/eng/1633011251044/1633011867095?chap=6#c6>

Kosher

U.S.A

- "Kosher" may be used only on the labels of produce that are certified Kosher by rabbinical council.
- The Kosher symbol is a seal of approval and verifies that all ingredients and production processes comply with the Kosher certification standards.
- Food that is neither meat or dairy is called "Pareve". This means that they contain no meat or dairy derivatives and are not cooked or mixed with any meat or dairy foods. Fruits and Vegetables are classified as "Pareve".
- According to Jewish law, the following requires Kosher supervision:
 - ✓ Foods (meat, poultry, fish, dairy products, fruits and vegetables, grains, beverages and food additives)
 - ✓ Utensils
 - ✓ Production process
 - ✓ Foodservice venues
- List of Kosher certifying agencies in the United States
 - ✓ http://www.crcweb.org/agency_list.php
- Kosher certified vegetables may not contain any insects as it is against the Jewish law.

Kashrut Reference:
<https://www.jewishvirtuallibrary.org/jsource/Judaism/kashrut.html>
or http://www.chabad.org/library/article_cdo/aid/82658/jewish/Meat-Dairy-and-Pareve.htm

CANADA

- Kosher, which means "fit" or "proper", describes foods and practices that are specifically permitted by Jewish dietary laws. Certification that a food is processed in accordance with the requirements of the Kashruth is made by a Rabbi or Rabbinical organization and identified by the appropriate Rabbi or Rabbinical organization symbol.
- In the labelling, packaging and advertising of a food, the Food and Drug Regulations prohibit the use of the word "kosher" or any letter of the Hebrew alphabet, or any other word, expression, depiction, sign, symbol, mark, device or other representation that indicates or that is likely to create an impression that the food is kosher, if the food does not meet the requirements of the Kashruth applicable to it [B.01.049, FDR].
- The terms "kosher style", "kind of kosher", and other similar terms are considered to create an impression that the food is kosher, and therefore, the food must meet the requirements of the Kashruth in order for these terms to be used. The terms "Jewish-style food" or "Jewish cuisine" are not necessarily considered to create the impression that the food is kosher.

CFIA Reference:
<https://inspection.canada.ca/food-labels/labelling/industry/method-of-production-claims/eng/1633011251044/1633011867095?chap=6#c5>

CASE LABELING REQUIREMENTS

Cases/Shipping Containers

Users of this guidance document should consult with the appropriate labeling resources as there may be commodity, state and country specific regulatory labeling requirements for cases/shipping container.

Cases/Shipping Containers

U.S.A

- Users of this guidance document should consult with the appropriate labeling resources as there may be commodity, state and country specific regulatory labeling requirements for the master and/or shipping container. -e.g. When post harvest treatments (e.g. pesticides, chemicals, wax application on apples/pears or chemicals or) have been applied.
- ([FDA/CBP \(Customs and Border Protection\) Guidance](#)) If the retail packaging is visible, labeling is not required. If the information is not visible, the following information is needed:
 - ✓ Common name
 - ✓ The grade or quality
 - ✓ The numbers of packages in container
 - ✓ The weights and measures
 - ✓ The name and address of manufacturer or responsible party
 - ✓ The country of origin
 - ✓ If organic claim made, the name of the certification body

References:
<http://www.cdqa.ca.gov/dms/programs/qc/qc.html> or
<http://www.fda.gov/ICECI/ComplianceManuals/CompliancePolicyGuidanceManual/ucm074567.htm>

CANADA

- Cases/shipping containers (not sold as consumer units) are to be labelled with the following information in English or French, clearly and prominently shown, readily discernible and legible, and on any part of the label other than solely on the bottom of the container, unless otherwise indicated:
 - Common name (or variety name for apples) on principal display surface
 - Common name is not required if FFV are visible and identifiable
 - Variety name is not required on a case where the consumer prepackaged apples within are correctly labelled with the variety name
 - Net quantity
 - By weight, volume, or count. See [CFIA ILT](#) for specific commodity requirement
 - Metric, Canadian, or both (grouped together and metric first). See [CFIA ILT for unit abbreviations](#).
 - Country of origin
 - Voluntary for domestic, mandatory on imported FFV
 - Type height in proportion to the principal display surface, in accordance with [Schedule 6](#) of the SFCR (In the case of a reusable plastic container, minimum 1.6mm)
 - In bold type
 - On the principal display panel and in close proximity to the net quantity or grade name
 - Grade name (and size of produce, if required)
 - Voluntary on case/shipping container for imported
 - Mandatory on case for domestic produce (exceptions see: [SFCR 306 \(2\)](#))
 - Type height in proportion to the principal display surface, in accordance with [Schedule 6](#) of the SFCR (In the case of a reusable plastic container, minimum 1.6mm)
 - Name and address of the responsible party
 - Traceability requirements for cases - see traceability slides for more information
 - Organic
 - If organic claims are made - name of the CFIA approved certification body must be present - for more information, see Organic slide.

CFIA References:
<https://www.inspection.gc.ca/food-label-requirements/labelling/industry/shipping-containers/eng/1388169517831/1388169518862?chap=0>
<https://www.inspection.gc.ca/food-label-requirements/labelling/industry/fresh-fruits-and-vegetables/eng/1393800946775/1393801047506?chap=18#s15c18>

Cases/Shipping Containers Continued

U.S.A

- A shipping container that includes only bulk produce (e.g. individual apples, pears, peaches, potatoes, naked iceberg lettuce, etc.) and is not destined to be used for retail display the shipping container may include the following markings:
 - ✓ Name and address of packer, shipper
 - ✓ Country of Origin
 - ✓ Variety name (i.e. Golden Delicious)
 - ✓ Product Name – Apples
 - ✓ Product size or count
 - ✓ Net quantity in pounds
- On a multiunit retail package, a statement of the quantity of contents shall appear on the outside of the package and shall include:
 - ✓ The number of individual units
 - ✓ The quantity of each individual unit, and, in parentheses, the total quantity of contents of the multiunit package in terms of avoirdupois.
 - ✓ A multiunit retail package may thus be properly labeled: “6-16 oz bottles—(96 fl oz)” or “3-16 oz cans—(net wt. 48 oz)”.
- For the purposes of this section, “multiunit retail package” means a package containing two or more individually packaged units of the identical commodity and in the same quantity, intended to be sold as part of the multiunit retail package but capable of being individually sold in full compliance with all requirements of the regulations in this part.
- Post harvest pesticides must be listed on the exterior of the box in an observable place by full chemical name.

FDA Reference: <https://www.ecfr.gov/current/title-21/chapter-I/subchapter-B/part-101/subpart-G/section-101.100>
<https://www.ecfr.gov/current/title-21/chapter-I/subchapter-B/part-101/subpart-A/section-101.7>

CANADA

- Allergen labelling, if applicable (See Allergen slide)
- Ingredient list*, if applicable (e.g. multi-ingredient product) (See Ingredients list slide).
- Nutrition Labelling - If there are eligible health or nutrient content claims on the case/shipping container, a Canadian Nutrition Facts Table is no longer required. If applied voluntarily (See Nutrition labelling slide.)
- Date codes (See Date Codes slides).
- Storage Instructions (See Storage instructions slides).
- Irradiation statement(s) , if applicable, see irradiation slide and [CFIA Industry Labelling Tool](#)
- For other method of production claims, including GMO and non-GMO claims (see GMO and non-GMO slides).

RPC (Reusable Plastic Container) labelling, (See RPC slides)

Exceptions: If the grade information or country of origin is easily and clearly discernible on the consumer prepackaged product placed inside a case, without having to open the case, this information does not need to appear on the case.

Note: It is recommended that cases/shipping containers be prepared in both official languages, and that the French translation be as prominent as the English, to ensure compliance to Canadian and Quebec language regulations in the event the container is used at the retail level or should your product be diverted to a different Canadian market than intended.

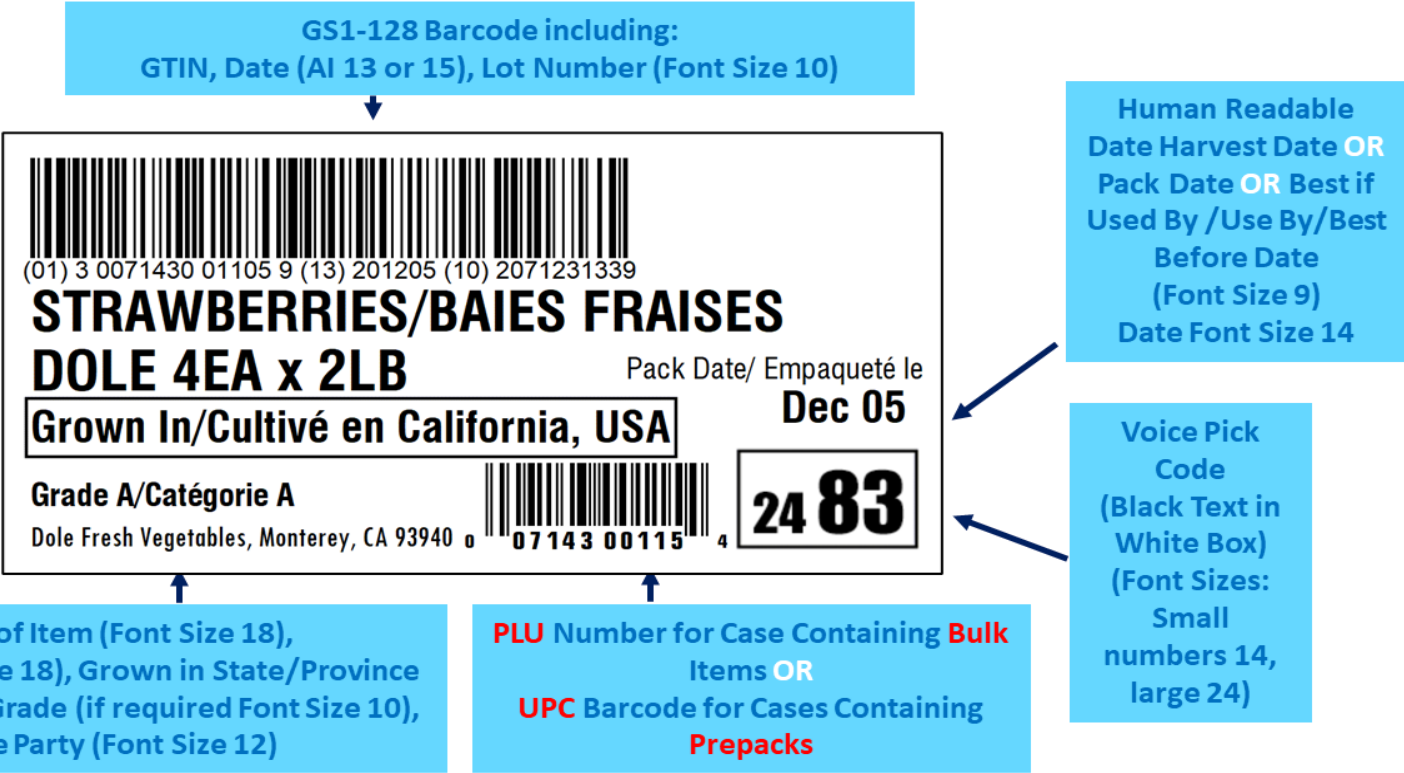
CFIA Reference: <https://inspection.canada.ca/food-labels/labelling/industry/shipping-containers/eng/1625072963936/1625073023844?chap=0>

PTI Harmonized Case Label

- The PTI (Produce Traceability Initiative) Harmonized Case Label was developed by the U.S./Canada produce industry to best capture commercial and regulatory requirements for case labelling.
- Buyers from both countries have signed letters of support for the label [here](#).
- The following slides include both a sample label and points for consideration when developing the label.

PTI Harmonized Case Label

Sample Case Label:
 (Please note font sizes used are in Swis721 Cn BT – If a different font is used please strive to maintain a similar size.)



PTI Harmonized Case Label

A FEW NOTES REGARDING STANDARD LABEL IMPLEMENTATION

- **Font Size** - industry requested guidance on font size to ensure clarity in both label preparation and legibility across the supply chain and in DCs. It is understood that additional requirements (e.g., state requirements) may mean additional text is required which may impact font size - if that is the case suppliers should ensure their trading partners are aware of why font sizes may differ.
- **UPC & PLU inclusion** - just a reminder that this is typically either/or situation as the code on the label should match the code on the item inside the case - **this is the same rationale for choice of date on the case.** (In some specific instances an item may have both the UPC and PLU on the consumer item - if that occurs both should also appear on the case label.)
- **Languages Included on the label** - Because this is a label designed to "label once/use twice" in terms of compliance with buyer requirements in both the U.S. and Canada, French is included in the label. If you are confident your product will only be shipped within the U.S., certainly there is no need to include French.
- **Grown In information – Single Commodities:** In the U.S. and Canada, the province/state (or region for romaine) is required – for all other countries Grown In would only require the country. If the commodity was sourced from multiple origins, list each of them.
- **Grown In information – Multiple Ingredients:** Space restrictions limit the ability to list each ingredient/origin pair.
 - When case contents include multiple ingredients, but do not include romaine, indicate "multiple:" and list the countries of origin.
 - When multi-ingredient contents do include romaine, indicate "multiple/rom:" and list countries of origin. This will indicate to the supply chain that romaine is contained in the case, and, in the event an advisory is issued, the case should be opened to identify growing regions printed on the consumer unit.
- More specific guidance will be included in the **PTI Best Practices for Formatting Case Labels** – that document will be updated and re-posted on the PTI website (<https://www.produce TRACEABILITY.org/>) once the work is complete.

RPC – Reusable Plastic Container

- The use of RPC's in the produce trade is based upon request by the buy side trading partner.
- The design of the RPC has a specific location to provide the labeling information.
- For ease of use major U.S.A. and Canadian retailers have agreed upon one label design which can be used for regulatory compliance including the PTI when shipping into the U.S.A. or Canada
- The harmonized case label is used on both corrugated and RPC cases.
- RPCs* are circulated through the supply chain many times. Because of this, RPC labels have some specific physical property requirements to ensure they adhere through the entire supply chain and then wash off at the sanitizing stations of the RPC pooler.

RPC – Reusable Plastic Container

U.S.A

- Consult with your Canadian trading partner if the RPC is destined to be used for display purposes.

CANADA

- The declaration of net quantity, grade name, and country of origin should be shown in letters and numerals of not less than 1/16 of an inch (1.6 mm) on washable, reusable plastic containers (RPC's) used as cases (not sold as consumer units)

Please note relative to the use of RPCs for display at the retail level in Canada, the RPC label is to be removed prior to display or adjusted to be compliant with Quebec language labelling regulations as covered in this guidance document.

LABELING REQUIREMENTS

Optional Information

Optional Information

U.S.A

- Health and nutrient content claims must be compliant.
- Specific commodities and states may require additional information when post harvest pesticides, chemicals or other treatments have been applied.
- Consult the appropriate commodity board or legislative body for the labeling requirements.
- Date labeling:
 - ✓FDA does not require food firms to place "expired by", "use by" or "best before" dates on food products. This information is entirely at the discretion of the manufacturer or requested by your trading partner.

CANADA

- All [health](#) and [nutrient content claims](#) must be compliant.
 - ✓Note: health and nutrient claims acceptable in the U.S, may not be acceptable in Canada (e.g. Superfood, Power Foods, etc.)
- To comply with Quebec language requirements, all optional information on consumer packaging must be presented in both official languages and French must be of at least equal prominence to the English.
- Prepackaged fresh fruits and vegetables, in general, are exempt from displaying a durable life date (best before date).
 - ✓If voluntary date marking information is shown on a consumer package, it must be declared in both official languages and in the proper format.
 - ✓If date marking (with "packaged on", "packed on" or other similar wording) is applied to a case that is not offered for sale at retail, it does not have to meet the manner of declaring as prescribed in B.01.007 Food and Drug Regulations (FDR) for the durable life date.

CFIA Reference: <https://inspection.canada.ca/food-labels/labelling/industry/fresh-fruits-or-vegetables/eng/1631894552081/1631895352383#c9>

Quebec reference: <https://www.legisquebec.gouv.qc.ca/en/document/cs/C-11>

Glossary of Terms – Appendix A

Country of Origin - COO	Where food was grown
FFV	Fresh Fruits and Vegetables
Information Panel (USA)	The information panel is the label panel immediately to the right of the PDP, as displayed to the consumer
Net Quantity	The net quantity of contents (net quantity statement) is the statement on the label which provides the amount of food in the container or package
Nutrition Labeling and Education Act (NLEA)	The Nutrition Labeling and Education Act of 1990 (NLEA) provides FDA with specific authority to require nutrition labeling of most foods regulated by the Agency; and to require that all nutrient content claims (i.e., 'high fiber', 'low fat', etc.) and health claims be consistent with agency regulations
Nutrition Facts Table (NfT)	Nutrition Facts Table
Principal Display Panel (PDP)	The portion of the package label that is most likely to be seen by the consumer at the time of purchase
Principal Display Surface (PDS)	In the case of a container that has a side or surface that is displayed or visible under normal or customary conditions of sale or use, the total area of such side or surface excluding the top, if any. In the case of a container that has a lid that is the part of the container displayed or visible under normal or customary conditions of sale or use, the total area of the top surface of the lid. In the case of a container that does not have a particular side or surface that is displayed or visible under normal or customary conditions of sale or use, any 40 per cent of the total surface area of the container, excluding the top and bottom, if any, if such 40 per cent can be displayed or visible under normal or customary conditions of sale or use. For more detail, please visit, http://www.inspection.gc.ca/
Statement of Product Identity	The name established by law or regulation, or in the absence thereof, the common or usual name of the food, if the food has one, should be used as the statement of identity. If there is none, then an appropriate descriptive name, that is not misleading, should be used. Brand names are not considered to be statements of identity and should not be unduly prominent compared to the statement of identity. 21 CFR 101.3(b) & (d)

Glossary of Terms – Appendix A

CBP	US Customs and Border Protection
Prominence	e.g., size, bolding, shading, number of times information appears on the label, etc.
Responsible Party	Grower, Manufacturer or Distributor of product
PTI	Produce Traceability Initiative
RPC	Reusable Plastic Container
Case/Shipping Container	In Canada, cases/shipping containers refers to containers that contain prepackaged or bulk foods that are sold or distributed at levels of trade other than to consumers at the retail level. For the purpose of this document, the terms case and shipping container are used interchangeably. In the <i>Safe Food for Canadians Regulations (SFCR)</i> these container are the type of container referred to as 'prepackaged other than consumer prepackaged'
Consumer Prepackaged	In Canada, in respect of a food, means packaged in a container in the manner in which the food is ordinarily sold to or used or purchased by an individual - or in which the food may reasonably be expected to be obtained by an individual (consumer)- without being repackaged, to be used for non-commercial purposes.
Prepackaged	The <i>Safe Food for Canadians Regulations</i> define "prepackaged", in respect of a <u>food</u> , as meaning "packaged in a container in the manner in which the food is ordinarily sold or used or purchased by a <u>person</u> (consumers and organizations) and includes <u>consumer prepackaged</u> ."
UPC	Universal Product Code

U.S.A. Resources – Appendix B

Agricultural Marketing Services (AMS) COOL Labeling

<http://www.ams.usda.gov/AMSV1.0/cool>

California Department of Food and Agriculture (CDFA)

<http://www.cdfa.ca.gov/dms/programs/qc/qc.html>

GSI

<http://www.gsi.org>

Northwest Horticultural Council

<http://nwhort.org/>

Produce Traceability Initiative

<http://www.producetraceability.org/>

The National Organic Program

<https://www.ams.usda.gov/rules-regulations/organic>

Refrigeration Statement information

<http://www.gpo.gov/fdsys/pkg/FR-1997-02-24/html/97-4364.htm>

U.S. Customs and Border

<http://www.cbp.gov/trade/basic-import-export>

U.S. FDA Code of Federal Regulations Title 21

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfCFR/CFRSearch.cfm?CFRPart=101>

U.S. FDA Food Labeling Guide

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm2006828.htm>

Canada Resources – Appendix B

- CFIA Food Labelling for Consumers
 - <http://www.inspection.gc.ca/food/labelling/food-labelling-for-consumers/eng/1400426541985/1400455563893>
- CFIA Food Labelling for Industry- Industry Labelling Tool
 - <http://www.inspection.gc.ca/food/labelling/food-labelling-for-industry/eng/1383607266489/1383607344939>
- CFIA Organic
 - <http://www.inspection.gc.ca/food/organic-products/eng/1300139461200/1300140373901>
- Food and Drug Regulation (FDR)
 - http://laws.justice.gc.ca/eng/regulations/C.R.C.%2C_c._870/index.html
- Health Canada Food Labelling Changes
 - <https://www.canada.ca/en/health-canada/services/food-labelling-changes.html>
- Safe Food for Canadians Regulations (SFCR)
 - <https://laws-lois.justice.gc.ca/eng/regulations/SOR-2018-108/index.html>
- GSI Canada
 - <http://www.gslca.org/pages/n/home/index.asp>
- National Standard of Canada for Voluntary Labelling and Advertising of Foods that Are and Are Not Products of Genetic Engineering
 - <http://www.tpsgc-pwgsc.gc.ca/ongc-cgsb/programme-program/normes-standards/internet/032-0315/index-eng.htm>
- Quebec Charter of the French Language
 - <http://www.oqlf.gouv.qc.ca/english/regulations.html>
 - Exceptions to Section 51 of the Charter of the French Language
 - http://www2.publicationsduquebec.gouv.qc.ca/dynamicSearch/telecharge.php?type=3&file=/C_11/C11R9_A.HTM
- Refrigeration Statement information
 - <http://www.gpo.gov/fdsys/pkg/FR-1997-02-24/html/97-4364.htm>