



FOOD INFORMATION FOR CONSUMERS REGULATIONS (EU) No 1169/2011  
FOOD INFORMATION REGULATIONS 2014  
FOOD INFORMATION (AMENDMENT) REGULATIONS 2019

## **FOOD PRE-PACKED FOR DIRECT SALE**

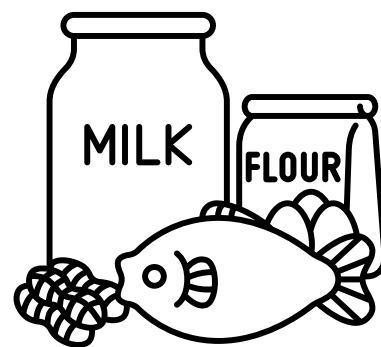
All food businesses have a responsibility to provide food that is safe for consumers and to provide information to help them make safe and informed choices.

In 2021 the law on food labelling changed. Known as Natasha's Law, it requires foods that are prepacked for direct sale (PPDS) to contain:

- 1) The name of the food (needs to be an accurate description).
- 2) A list of ingredients, headed 'Ingredients' in descending weight order, with:
- 3) Allergens emphasised. For example: **Bold**, *italic text*, CAPITALS

### **What are the 14 allergens?**

- 1) Cereals containing gluten - such as wheat, rye, barley and oats
- 2) Tree nuts - such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts
- 3) Peanuts
- 4) Soya
- 5) Mustard
- 6) Lupin
- 7) Eggs
- 8) Fish
- 9) Crustaceans - such as prawns, crabs and lobsters
- 10) Molluscs - such as mussels and oysters
- 11) Sesame seeds
- 12) Milk
- 13) Celery
- 14) Sulphur dioxide, sometimes known as sulphites (at a concentration of more than ten parts per million)



**It is good practice to pro-actively ask customers if they have an allergy when ordering/paying for food.**

## **What is pre-packed for direct sale?**

Prepacked for direct sale or PPDS is food that is packaged at the same place it is offered or sold to consumers, and is in this packaging before it is ordered or selected.

If you answer yes to all of the following questions your food is PPDS:

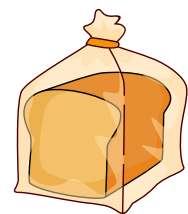
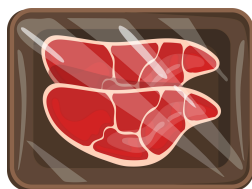
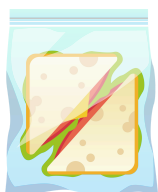
- 1) Does the consumer choose or order the food in person at the premises?
- 2) Is the food presented to the consumer in packaging? The packaging should fully or partly enclose the food when presented to the final consumer.
- 3) Is the food packaged before the consumer selects or orders it?
- 4) Is the food packaged at the same place it is sold? \*

\*If you are a home baker/caterer and sell your products on market stalls or at events; if the food is presented in packaging on your stall it is classed as PPDS.

**If you answered no to any of the above questions, you still need to make allergen information available to customers. The FSA's decision tool can be used to identify the type of food your business provides and the allergen labelling requirements:**

<https://www.food.gov.uk/allergen-ingredients-food-labelling-decision-tool>

**Definition of Packaging – packaging that encloses food completely or partially in such a way that the contents cannot be altered without opening or changing the packaging.**



Examples of PPDS include but are not limited to:

- Sandwiches and bakery products which are packed on site before a customer selects or orders them.
- Burgers and sausages prepacked by a butcher on the premises ready for sale to customers.
- Foods packaged and then sold elsewhere by the same operator at a market stall or mobile site.
- PPDS food provided in schools, care homes or hospitals and other similar settings will require labelling.
- Foods which are prepacked on site ready for sale, such as pizzas, rotisserie chicken, salads and pasta pots.
- Any food completely packaged in cling film.
- Bread placed in a paper bag with the bag folded over or twisted to encase the bread.
- Sweets contained in a plastic bag that is tied with a knot or sealed.

## **Measures to manage allergens in a small prep area.**

Carry out a risk assessment of allergen cross contact risks on your premises and pass any precautionary allergen labelling information on to customers on the PPDS label. If a risk assessment finds there is a real risk of allergen cross-contamination you can add 'may contain' to the label or display this information on the premises. For further information visit the FSA website: <https://www.food.gov.uk/business-guidance/precautionary-allergen-labelling>

## **Avoiding allergen cross-contamination**

It is important for food businesses to take steps to avoid cross-contamination in food preparation to protect customers with a food allergy. Cross-contamination of foods with allergens (i.e. the unintended inclusion of an allergen in food) could occur at any stage. Small amounts of allergen in food could cause severe reactions and could even be fatal. There are several actions you can take to prevent cross-contamination with allergens. These include:

- cleaning utensils before each usage, especially
- if they were used to prepare meals containing allergens
- washing hands thoroughly between preparing dishes with and without certain allergens
- storing ingredients and prepared foods separately in closed and labelled containers
- keeping ingredients that contain allergens separate from other ingredients
- allergen cross-contamination can also happen through using the same cooking oil. To cook gluten-free chips, you can't use the same oil which has been previously used for cooking battered fish



## **Products containing meat.**

If a PPDS product contains one or more meat products, you will need to provide a quantitative ingredient declaration (QUID) for each of the ingredients that contain meat. For further information visit Business Companion: <https://www.businesscompanioninfo/en/quick-guides/food-and-drink/labelling-of-prepacked-foods-quid>

## **Irradiated food statement**

If food (or any ingredient in the food) has been irradiated, the words 'irradiated' or 'treated with ionising radiation' must appear in close proximity to the name of the food.

## **Distance selling**

If selling food over the phone or the internet allergen information must be available to the customer: \*Before they purchase the food (on a website, menu or orally), and \*At the point of delivery in writing or orally (allergen stickers on the food/information enclosed with the order).

## **Further information**

You can find further information including sector-specific guidance and staff training materials from the Food Standards Agency, Business Companion and CTSI:

<https://www.food.gov.uk/business-guidance/introduction-to-allergen-labelling-changes-ppds>

<https://www.food.gov.uk/allergen-labelling-changes-for-prepacked-for-direct-sale-ppds-food>

<https://www.food.gov.uk/business-guidance/labelling-guidance-for-prepacked-for-direct-sale-ppds-food-products>

<https://www.food.gov.uk/business-guidance/allergy-training-for-food-businesses>

<https://www.businesscompanion.info/en/quick-guides/food-and-drink/labelling-of-prepacked-for-direct-sale-foods>

Food allergen awareness videos are available on the CTSI website in the following languages: English, Welsh, Bengali, Cantonese, Kurdish, Mandarin, Punjabi, Turkish, Urdu, Bulgarian, Hungarian, Polish, and Romanian. <https://www.tradingstandards.uk/practitioners/food-allergen-resource>

Free allergen training is available on the Food Standards Agency website: <https://allergytraining.food.gov.uk>

For additional advice and guidance visit our website:  
[Home | Business Compliance Support \(gmbcs.co.uk\)](https://gmbcs.co.uk)  
Or email: [info@gmbcs.co.uk](mailto:info@gmbcs.co.uk)

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