



**CABINET FOR HEALTH AND FAMILY SERVICES  
DEPARTMENT FOR PUBLIC HEALTH  
PUBLIC HEALTH PROTECTION & SAFETY  
FOOD SAFETY BRANCH**

## **Labeling Requirements for Home-based Processors**

The following information shall be included on the label of each food product:

1. The common or usual name of the food product.
2. The name and address of the homebased processing operation, including the street address, city, state, and zip code.
3. The ingredients of the food product. Ingredients shall be in descending order of predominance by weight.
4. The net weight or volume of the food product by standard measure or numerical count.
5. The following statement in 10-point type: "This product is home-produced and processed."
6. The date the product was processed.
7. Allergen identification for all ingredients that contain any of the Major Food Allergens: milk, eggs, wheat, soybean (soy), peanuts, tree nuts, sesame, fish, and shellfish.

Example:

|   |                  |
|---|------------------|
| My Wonderful Farm<br>123 Easy Street, Lexington, KY 40506   |                  |
| <b>Chocolate Chip Cookies</b>   |                  |
| Ingredients: all purpose flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), chocolate chips (chocolate, sugar, cocoa butter, milkfat, nonfat milk, natural flavor), sugar, brown sugar, butter (milk), eggs, baking soda, salt, vanilla extract. |                  |
| This product was home produced and processed.   |                  |
| 6 cookies   | October 16, 2018 |

# Allergen and Nutritional Labeling Guidance for Home-based Processors

## What does allergen identification mean?

It means you **must identify** if any of your ingredients are made from one of the following food groups: milk, eggs, wheat, peanuts, soybeans, sesame, fish (including shellfish, crab, lobster or shrimp) and tree nuts (such as almonds, pecans or walnuts). So, if you have an ingredient made with a wheat-based product, you have two options:

1. Include the allergen in the ingredient list. For example, a white bread with the following ingredient listing: whole wheat flour, water, salt and yeast. In this example, the statement “whole wheat flour”, meets the requirements of federal law.
2. Include an allergen statement ("Contains:") after the ingredient list. For example a white bread, with the following ingredients: whole wheat flour, water, sodium caseinate, salt and yeast. Contains wheat and milk.

The "Contains" statement must reflect all the allergens found in the product. In this example, the sodium caseinate comes from milk.

## Are there any special requirements for tree nuts labeling for allergens?

Yes. If your food product has tree nuts as an ingredient, you **must identify** which tree nut you are using.

For example, if you made Nut Bread, an acceptable ingredient list would be:

*Ingredients: **wheat** flour, water, **almonds**, salt, yeast.*

The following would not be acceptable:

*Ingredients: flour, water, nuts, salt, yeast.*

## What about nutritional labeling?

If you are not making a nutrient claim or health claim for your homebased food product, then this information will not apply to your label. The following instances constitute a nutrient or health claim:

1. Nutrient content claims involve the use of any of the following terms: free, low, reduced, fewer, high, less, more, lean, extra lean, good source, and light. If such claims are made, they must comply with the Food and Drug Administration's conditions for the use of these terms. (For details, [refer here to 21 CFR Sections 101.13](#)). For example: the term “sodium free” means that the food contains less than 5 milligrams of sodium per serving.
2. A health claim is a statement or message on the label that describes the relationship between a food component and a disease or health-related condition (e.g., sodium and hypertension, calcium and osteoporosis). If a health claim is made, it must conform to the federal requirements established. [Refer here to 21 CFR 101.14](#).

Again, Nutrition Facts panels generally are not required. If the food label makes any nutrient content or health claims, then nutrition information must be declared in a “Nutrition Facts” statement, as specified by the Food and Drug Administration: [FDA Nutrition Label Guidance](#)