

Start Selling From Home

When you start selling food from home in Canada, you need to adhere to food labeling regulations set forth by the Canadian Food Inspection Agency (CFIA) to ensure the safety and accurate representation of your products. Here's how to acquire food labels and comply with labeling regulations:

- 1. Determine Your Labeling Requirements:

Understand the specific labeling requirements that apply to your food products. These regulations can vary depending on the type of food you're selling, whether it's packaged, and if any specific health or nutritional claims are made.

- 2. Create Food Labels:

Design and create your food labels based on CFIA guidelines. Food labels should include:

- Product name
- List of ingredients
- Allergen information
- Nutrition facts table (if applicable)
- Net quantity declaration (e.g., weight or volume)
- Storage instructions
- Contact information (name and address of the producer)
- Date markings (e.g., best before date)

- 3. Use Bilingual Labeling:

Ensure that your labels are in both English and French, as these are Canada's official languages.

- 4. Nutrition Facts Table (If Applicable):

If your product makes a nutritional claim or meets specific criteria, you may need to include a nutrition facts table. Refer to CFIA guidelines for details.

- 5. Allergen Information:

Clearly indicate any common allergens present in your product, such as peanuts, tree nuts, soy, milk, eggs, wheat, and seafood.

- 6. Review CFIA Guidance:

Refer to CFIA's "Guide to Food Labeling and Advertising" for comprehensive information on labeling regulations. This guide provides detailed explanations and examples.

- 7. Compliance with Safe Food for Canadians Regulations (SFCR):

Ensure your food products comply with the Safe Food for Canadians Regulations (SFCR), which include labeling requirements. Familiarize yourself with these regulations to avoid non-compliance.

- 8. Consider Getting Professional Assistance:

If you find the regulations complex or need help designing labels that meet CFIA requirements, consider consulting with a food labeling expert or a food consultant.

- 9. Self-Verification:

Before launching your food products, verify that your labels meet all CFIA requirements. Double-check the accuracy of information on the labels.

- 10. Label Printing:

Once your labels are designed and verified, you can proceed with printing them. You can use label printing services or print labels at home, depending on your needs and budget.

- 11. Keep Records:

Maintain records of your labeling practices, including label designs, ingredients lists, and any testing or nutritional analyses performed.

- 12. Start Selling:

Once your labels are in compliance with CFIA regulations, you can begin selling your homemade food products.

Remember that food labeling regulations are in place to protect consumers and ensure transparency in food products. Non-compliance can result in fines or product recalls. If you have any doubts or questions, it's advisable to seek guidance from CFIA or a food regulatory expert to ensure your labels meet all legal requirements.

Conclusion:

Food labelling is a complex and highly regulated aspect of the Canadian food industry. Compliance with CFIA's labelling regulations is essential for businesses to provide consumers with accurate information, ensure food safety, and foster trust. Understanding the nuances of nutrition labelling, bilingual requirements, country of origin labelling, allergen declarations, and labelling claims is crucial for businesses aiming to navigate the intricacies of Canada's food labelling landscape.

