

Information to be provided for non-prepackaged at groceries

Examples of unpackaged food products:

- Self-service baking point products
- Service counter products
- Salad bar products (labelling requirements for serving areas)
- Store-packaged groceries
- Products packed by the same operator in another store or preparation site
- Products manufactured and packaged in the store by an external entrepreneur (e.g. sushi)
- Store-packaged minced meat, shelf life of up to 2 days

Please note that if the products are packaged in a vacuum or protective gas, the product is considered a packaged food product, which requires full labelling.

The following information must be provided for food products that have not been packaged in the store:

- Name of the food product
- Ingredients
- Substances and products causing allergies and intolerances (list on next page)
- Country of origin, if applicable
- Necessary usage and storage instructions (including minimum shelf life and storage temperature)
- Labelling required by specific legislation (e.g. meat, fish, vegetables)
- The following information must always be provided in writing:
 - Details on beef (countries of origin and batch identifier)
 - The amount of salt and fat in cheeses, sausages and cold-cut meat products, and, if necessary, a declaration of high salinity
 - The amount of salt in bread (also indicate the high salinity)

Information for non-prepacked foods is to be provided as follows:

- A sticker label on the package, separate board, pamphlet or shelf labels, in Finnish or Swedish
- Alternatively, the information may be told to the customer directly if they are informed in writing that the information is available from staff (personnel must have the information in writing/electronically). For example:

“Ask staff for more information on food ingredients and allergens”

- It must be possible to link food products and the information provided thereof (traceability).
- Mandatory information must also be provided in distance sales (such as an online store or an app).

Substances and products causing allergies and intolerances

1. Cereals and cereal products that contain gluten
2. Shellfish and products thereof
3. Eggs and egg products
4. Fish and fish products
5. Peanuts and products thereof
6. Soybeans and soy products
7. Milk and dairy products
8. Nuts
9. Celery and celery products
10. Mustard and mustard products
11. Sesame seeds and sesame seed products
12. Sulphur dioxide and sulphites with a total concentration of sulphur dioxide exceeding 10 mg/kg or 10 mg/l
13. Lupins and lupin products
14. Molluscs and mollusc products

Additional information

- [Food Information Guide \(Finnish Food Authority, in Finnish\)](#)
- City of Helsinki, Environmental Services, food advice: email kymp.elintarviketurvallisuus@hel.fi
- Decree of the Ministry of Agriculture and Forestry on the provision of food information to consumers 834/2014 [Regulation on the provision of food information to consumers](#)
- Beef labelling system [Instructions on the beef labelling system \(Finnish Food Authority\)](#)
- Guide to fish and fish-farming products [Guide to the labelling of fish and fish-farming products \(European Union\)](#)
- Vegetable labelling requirements [Instructions on vegetable labelling requirements \(Finnish Food Authority\)](#)

City of Helsinki
Environmental Services
Food Safety Unit
P.O. BOX 58235, 00099 CITY OF HELSINKI
Työpajankatu 8, 00580 Helsinki
Tel. +358 9 310 1635 (switchboard)
[Food business | City of Helsinki](#)