

## INFORMATION ABOUT FOODSTUFFS IN RETAIL SALE

The seller or supplier of foodstuff is responsible for the correct labeling of the items. This release provides general information on the labeling of prepacked and non-prepacked foods in retail sale.

### NON-PREPACKED FOODS, WHICH INFORMATION AND HOW THE INFORMATION NEEDS TO BE PROVIDED

Non-prepacked foods are foods that are

- packaged by the consumer, e.g. packing of bakery products in a bag
- packaged at the request of the customer
- packaged for immediate sales to make sales quicker and easier, e.g. bread and take away products
- served to the consumer ready for consumption

In retail sale the following information must be provided about the foodstuffs:

- name of the food
- ingredients
- substances and products that cause allergies and intolerance (list in the end of the release)
- country of origin when required
- instruction of use and storage when necessary
- labeling required by specific legislation (e.g. meat, fish, vegetables)
- the salt and fat content and, where required, information about the high salt content of cheeses, sausages and meat preparations
- the salt content of bread (also information of high salt content)

The information should be provided as follows:

- In bilingual municipalities, it is recommended that the information is given in both Finnish and Swedish
- In writing in the close proximity of the non-prepacked foodstuffs either on a brochure, blackboard or label
- The salt and fat content and the information about high salt content must always be provided in writing
- Other information can be given verbally, if the consumer is informed in writing that they can get more information from the staff. For example:

**”Hyvä asiakkaamme, lisätietoja elintarvikkeista saa henkilökunnalta.”**

**“Dear Customer, you can get more information about the foodstuffs from the staff.”**

- The information that needs to be provided must be available in writing or electronically in the shop.

### FOODSTUFFS PACKED BY THE RETAIL SALE: WHAT INFORMATION NEEDS TO BE GIVEN AND HOW IT SHALL BE GIVEN

- Foodstuffs packed by the retail must contain the same information as that packed by the industry (excluding foods packed for immediate sale)
- Prepacked foodstuffs must have the information directly on the packaging or on a label attached
- Labeling must be in Finnish and Swedish

The following information needs to be provided about the prepacked foodstuffs:

- name of the food
- list of ingredients

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<b>Postal address</b> City of Helsinki Environmental Services PO BOX 58235 FI-00099 CITY OF HELSINKI elintarviketurvallisuus@hel.fi	<b>Street address</b> Viikinkaari 2a Helsinki 79	<b>Telephone (exchange)</b> +358 9 310 1635  <b>Fax (registry)</b> +358 9 655 783	<b>Account number</b> 800012-62637 <b>IBAN</b> FI06 8000 1200 0626 37 <b>BIC</b> DABAFIHH	<b>Business ID</b> 0201256-6  <b>VAT number</b> FI02012566
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- ingredients and products that cause allergic reactions or intolerance **highlighted**
- quantities of certain ingredients or groups of ingredients (if applicable)
- the quantity of the content
- the date of minimum durability or use-by-date and, if necessary, the date of freezing
- the name or business name and address of the food business operator responsible
- country of origin or place of origin
- storing instructions (if applicable)
- instructions for use (if necessary, including warning labels, if necessary)
- alcohol content (for beverages with an alcohol content of > 1.2% vol)
- nutrition labeling (i.e. nutrition declaration) (subject to exceptions)

In addition, the following information, where applicable, shall be provided:

- the identifying lot/batch
- high salt content notification
- identification mark (food of animal origin produced in an approved establishment)
- any other labeling requirements required by specific legislation (eg specific labeling of fish / meat / vegetables, use of packaging gas, use of sweeteners, caffeine)

**The mandatory nutrition declaration shall include the following, calculated per 100 g / 100 ml:**

- energy in kJ / kcal
- fat (g), of which saturated fat (g)
- carbohydrates (g), of which sugars (g)
- protein (g)
- salt (g)

Optional nutrition labeling for nutrition and health claims (allowed labeling) and foods supplemented with vitamins and / or minerals (indicate both amount and percentage (%) of daily reference intake). For more information on nutrition labeling, see the Food Information Guide (in Finnish).

## SUBSTANCES AND PRODUCTS THAT CAUSE ALLERGIES OR INTOLERANCES

1. Cereals containing gluten and products made of these cereals
2. Crustaceans and crustacean products
3. Eggs and egg products
4. Fish and fish products
5. Peanuts and peanut products
6. Soy beans and soy bean products
7. Milk and dairy products
8. Nuts and nut products
9. Celery and celery products
10. Mustard and mustard products
11. Sesame seeds and sesame seed products
12. Sulphur dioxide and sulphite in concentrations of more than 10 mg/kg or 10 mg/l
13. Lupin and lupin products
14. Molluscs and mollusc products

## LISÄTIETOJA

- [Elintarviketieto-opas elintarvikevalvoijille ja elintarvikealan toimijoille 17068/2](#)
- City of Helsinki, environmental services, guidance regarding food issues and food premises: e-mail [kymp.elintarviketurvallisuus@hel.fi](mailto:kymp.elintarviketurvallisuus@hel.fi)

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City of Helsinki	Viikinkaari 2a	+358 9 310 1635	800012-62637	0201256-6
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FI-00099 CITY OF HELSINKI		+358 9 655 783		FI02012566
<a href="mailto:elintarviketurvallisuus@hel.fi">elintarviketurvallisuus@hel.fi</a>				