

Information to be provided for non-prepackaged food at food establishments

Food establishments (for example, restaurants, cafés) mainly serve food products that are mainly unpackaged. Examples of unpackaged food products:

- Food that is served to the customer for immediate consumption
- Food products packaged for immediate sale at the food establishment, e.g. take-away products
- Food packaged by the customer personally, e.g. buffet meals
- Food packaged by the seller at the customer's request

The following information shall be provided for food products not packaged at the food establishment:

- Name of the food product
- Country of origin of the meat used as an ingredient (applies to fresh or frozen beef, pork, mutton, goat and poultry)
- Country of origin if the entire food product was prepared outside of Finland
- Substances and products causing allergies and intolerances (list at the end of the document)

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

- In writing, such as in the menu or on a board, in Finnish or Swedish
- The name of the food product and the country of origin of meat used as an ingredient must always be indicated in writing
- Other information may told to the consumer directly if they are informed in writing that the information is available from staff (they must have the information in writing/electronically). For example:

“Ask staff for more information on allergens”

- It must be possible to link food products and the information provided thereof (traceability).
- A separate notice is not required if the specific nutritional needs of the consumer have been identified in advance and the food is served on the basis of this information (e.g. daycare centres, schools, hospitals, elderly care, prisons).
- If a restaurant provides service in English only, information about allergens, at the very least, must be provided in Finnish and Swedish, either as a written document or electronically.
- Self-supervision must include a description of how and where to find information on allergens.

- Mandatory information must also be provided in distance sales (such as an online store or an app).

Packaged food products

- Packaged food products must have the legally required labelling in Finnish and Swedish.
- If the food products are intended to be on sale for a long period of time and are packaged, for example, in vacuum packaging or otherwise sealed packaging to ensure their long shelf life, such as jams and salad dressings, the food products are considered to be packaged.
- If a restaurant delivers packaged products to an office of another company, the products are considered packaged.

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](#)
- Separate instructions have been prepared on the indication of meat's country of origin: [Mandatory meat origin labels at restaurants and cafes](#)

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