

FOOD PACKAGED AT RETAIL - LABELING EXAMPLES

Use this document to label food you
package for customer self-service.

These six items are generally required
for foods packaged in the retail food
establishment:

1. **Common name** or accurate description must be prominent on the label in a bolded font.
2. **Quantity:** Accurately describe how much is in the package by weight, fluid measure, or number. If sold by weight, include the actual weight in both metric (grams, etc.) and customary weight (ounces, etc.).
3. **Ingredients:** Include if foods have more than one ingredient. Foods made with processed foods also need to include the sub-ingredients. For example, list the ingredients from the sliced bread used in a sandwich.
4. **Allergens:** List the source of each major food allergen in the ingredients or in a separate "Contains" statement. The major food allergen must be listed by common name. Download the Allergen Awareness document (DOH333-341) at www.doh.wa.gov/foodrules.
5. **Producer:** Include the name, street address, city, state, and zip code of the business that made the food.
6. **Pull Date:** Perishable foods that might spoil within 30 days must include the date when the food needs to be removed from sale.

Perishable Ready-to-Eat Foods

Ready-to-eat foods that may spoil within 30 days need to have all 6 items. See below for an example:

- 1 **Roast Beef & Cheddar Sandwich**
- 2 **NET WT.** 6.0oz (170g) **Keep Refrigerated**
1 Sandwich
- 3 **Ingredients:** Roast beef, white bread [enriched wheat flour, water, yeast, sugar, soybean oil, salt, calcium propionate (preservative)], sliced cheddar cheese [cultured pasteurized milk, salt, enzymes, natamycin (preservative)], tomato, lettuce.
- 4 **Contains:** Milk, egg, wheat
- 5 **Main Street Market**
1234 Main Street
Spokane, WA 12345
- 6 **Best if used by:** 4.16.2024



Raw animal products and unpasteurized juice have unique warning requirements that must also be included on the label. The required language is identified by the **arrow** → in these examples. Download the Labeling Food Packaged at Retail document (DOH 333-349) at www.doh.wa.gov/foodrules to see foods with additional labeling requirements.

Undercooked Animal Products

Animal products served raw or undercooked must identify the animal food and state the potential for illness. See below for an example:

- 1 **Sushi with raw salmon***
- 2 NET WT. 6.0oz (170g) Keep Refrigerated
- ***Consuming raw fish might increase your risk of foodborne illness.**
- 3 **Ingredients:** Salmon, rice, avocado, cucumber, carrot, sugar, vinegar, soybean oil, egg yolk, soy sauce (water, wheat, soybeans, salt), salt, seaweed, sesame seed
- 4 **Contains:** Fish (Salmon), wheat, egg, sesame
- 5 **Manufactured by:**
Fresh Fish Sushi
1234 Chinook Avenue
Moses Lake, WA 12345
- 6 **Best if used by:** 4.16.2024

Fresh Squeezed Juice

Unpasteurized juice must include a special warning. See below for an example:

- 1 **Fresh Pressed Apple Cider**
- 2 NET WT. 96.0 fl oz (2.84L)
No spices, no sugar - just apples!
Keep Refrigerated
- 5 **We R Apple Growers**
1234 Golden Way
Vancouver, WA 23456
- 6 **Best if used by:** 4.16.2024

→ **WARNING:** This product has not been pasteurized and, therefore, may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems.

Raw Meat & Poultry

Raw meat that will be cooked by the consumer must have safe handling instructions. See below for an example:

- 1 **Chuck Roast**
- 2 NET WT. 16oz (1 lb)
- 3 **Ingredients:** Beef, natural flavoring
Keep Refrigerated or Frozen
- 5 **Sunny Valley Grocery**
1234 Cattle Drive
Prosser, WA 12345
- 6 **Best if used by:** 4.16.2024

Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen.
Thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods.
Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers immediately or discard.

Contact your local health department for more information:
www.doh.wa.gov/localhealthfoodcontacts.



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