



Shasta County Department of Resource Management  
Environmental Health  
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## Cottage Food Labels

### Food Name

All foods must be named. This name, which is often called the "statement of identity," is either the "common name" of the food or a "fanciful name." If a fanciful name is used, it must be accompanied by a descriptive phrase at least 1/2 the type size of the product name. The name has to be truthful. If it is a "flavored" product, it must so state (e.g., cherry-flavored pie). If the flavor is not derived from a natural source, then it must so indicate (e.g., artificial cherry-flavored pie). The food name must be on the primary display panel.

### Cottage Food Operation Information

The name of the Cottage Food Operation which produced the cottage food product must be on the label. The city, state, and zip code along with a phone number or email must be on the label. The registration number for a "Class A" or permit number for "Class B" cottage food operation must be on the label along with the name of the county that issued the permit or registration.

### Ingredients

All packaged foods composed of two or more ingredients, including standardized foods, are required to include an ingredient list. Foods with two or more discrete components (e.g., cherry pie that has filling and piecrust) may have a separate ingredient list for each of the components. The ingredient declaration must be legible and be correctly listed in descending order of predominance by weight. Ingredients must be listed by their common names. An ingredient made up of more than one ingredient must have the list in parenthesis after it. Below is an example of a recipe with several ingredients (the flour, butter, and chocolate chips) that contain their own set of ingredients:

- ❖ **Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin and folic acid), butter (milk, salt), chocolate chips (sugar, chocolate liquor, cocoa butter, butterfat, soy lecithin) walnuts, sugar, eggs, salt, artificial vanilla extract, baking soda.

### Food Allergens

The Food Allergen Labeling and Consumer Protection Act (FALCPA) requires that beginning January 1, 2006, all food labels identify in plain language whether the food contains any of eight major food allergenic ingredients: milk, egg, fish (e.g., bass, flounder, or cod), crustacean shellfish (e.g., crab, lobster, or shrimp), tree nuts (e.g., almonds, pecans, or walnut), wheat, peanuts, and soybeans. FALCPA provides two methods for declaring the food sources of any allergen contained in packaged foods: 1) in a separate summary statement immediately following or adjacent to the ingredient list, or 2) within the ingredient list.

Here is an example of a finished label.

## Notification that Food is Made In a Home Kitchen

The label must include the words “Made in a Home Kitchen” in 12-point type on the cottage food product’s primary display panel.

## Weight of the Product

The weight must be listed in ounces and grams and must be on the primary display panel. Product weight may only be stated in pounds if the product weighs more than one pounds.

### Chocolate Chip Cookies

Sally’s Cookie Company  
123 Cottage Food Lane  
Anywhere, CA 90XXX

**Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin and folic acid), butter (milk, salt), chocolate chips (sugar, chocolate liquor, cocoa butter, butterfat, soy lecithin) walnuts, sugar, eggs, salt, artificial vanilla extract, baking soda.

**Contains:** Wheat, eggs, milk, soy, walnuts

**MADE IN A HOME KITCHEN**

**Permit #: 12345**

**Issued in county:** County name

**Net Wt. 3 oz (89 g)**

## Health Claims

No health claims or nutritional claims can be made for cottage foods. For example, the claims gluten free, fat free, and high fiber are not approved for cottage foods.

## Nutrition Facts

Cottage food businesses will be exempt from providing nutrition facts provided they neither bear nutrition information, nor make nutrient content claims or health claims. If you wish to make nutrition or health claims you must provide an approved Nutrition Facts Panel as shown here:

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 260		Calories from Fat 120	
% Daily Value*			
Total Fat 13g		20%	
Saturated Fat 5g		25%	
Trans Fat 2g			
Cholesterol 30mg		10%	
Sodium 660mg		28%	
Total Carbohydrate 31g		10%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 5g			
Vitamin A 4%		•	Vitamin C 2%
Calcium 15%		•	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4