



Basic Labeling Guidelines for Cottage Foods

INFORMATION REQUIRED BY LAW ON COTTAGE FOOD LABELS

1. Statement of Identity: the common or usual name of product (*21 CFR 101.3*)
2. Net quantity statement: the product weight (*21 CFR 101.7*)
3. The words "Home Produced" on the principal display panel (*R70-560-6*)
4. Ingredient statement including all allergens (*21 CFR 101.4*)
5. Name, full address, and telephone number of producer (*21 CFR 101.5 and R70-560-6*)
6. Nutrition statement (*21 CFR 101.9*) *review requirements on page 2 point 6*

The minimum print height for any of this required information is 1/16 inch.

DEFINITIONS

Principal Display Panel (PDP)

- **PDP always includes product name, "Home Produced", and net weight or volume**
- Front or top surface of the package
- PDP size is determined by the package size
 - Rectangular containers:
 $PDP\ Area = Height \times Width$
 - Cylindrical Containers:
 $PDP\ Area = 0.40 \times Height \times Circumference$

Information Panel (IP)

- **Can include ingredient list, address, and telephone number**
- IP information can be included on the PDP **OR**
- The IP information can be listed separately, on the right hand panel, the back of the package, or the bottom of the package

3 FACTORS THAT INFLUENCE LABELS

PACKAGE SIZE

- When the PDP size is between 5 and 25 square inches in area the net weight statement must at least 1/8 inch in height, based on the smallest letter
- When the PDP size is between 25 and 100 square inches in area the net weight statement must at least 3/16 inch in height, based on the smallest letter
- When the PDP size is between 100 and 400 square inches the net weight statement must at least 1/4 inch in height, based on the smallest letter

The two label examples on page 2 include text sizes for a PDP between 5 and 25 square inches.

NET QUANTITY

- Net Weight Statement Components: The net quantity statement needs to include either two or three components, depending on the weight of the container. The statement should start with the words "NET WEIGHT" or "NET WT".
- Net Volume Statement Components: The net quantity statement needs to include either two or three components, depending on the volume of the container. The statement should NOT start with the words "NET WEIGHT"; it can start with simply "NET" or with nothing at all.

See examples of components to include and correct notation on the next page, point 2.

SINGLE LABEL or SEPARATED PDP & IP

- The information on the PDP and IP can be combined into one label on the front or top of the product
- The required PDP information can be printed on one label and the required information for the IP can be printed and displayed separately

See examples of these two options at the top of the next page.

Example Labels for Cottage Foods

③ Home Produced

① Chocolate Chip Walnut Cookie

④ INGREDIENTS: **SEMI-SWEET CHOCOLATE** (UNSWEETENED CHOCOLATE, SUGAR, COCOA BUTTER, MILK FAT, SOY LECITHIN, VANILLA), **FLOUR** (WHEAT FLOUR, MALTED BARLEY FLOUR, THIAMINE MONONITRATE, FOLIC ACID, RIBOFLAVIN, REDUCED IRON), **BUTTER** (CREAM, SALT), **BROWN SUGAR** (SUGAR, INVERT SUGAR, MOLASSES), **SUGAR, EGGS, WALNUTS, SALT, BAKING SODA, NATURAL FLAVORING**

CONTAINS WHEAT, EGG, MILK, SOY, AND WALNUTS

⑤ SAMPLE COOKIE COMPANY 350 N REDWOOD RD,
SALT LAKE CITY, UT 84117
(801) 538-7152

② NET WT 2 OZ (56 g)

5 to 25 square inch PDP, net weight under 1lb, Single Label

③ Home Produced

① Chocolate Chip Walnut Cookie

② NET WT 2 OZ (56 g)

④ INGREDIENTS: **SEMI-SWEET CHOCOLATE** (UNSWEETENED CHOCOLATE, SUGAR, COCOA BUTTER, MILK FAT, SOY LECITHIN, VANILLA), **FLOUR** (WHEAT FLOUR, MALTED BARLEY FLOUR, THIAMINE MONONITRATE, FOLIC ACID, RIBOFLAVIN, REDUCED IRON), **BUTTER** (CREAM, SALT), **BROWN SUGAR** (SUGAR, INVERT SUGAR, MOLASSES), **SUGAR, EGGS, WALNUTS, SALT, BAKING SODA, NATURAL FLAVORING**

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5 to 25 square inch PDP, net weight under 1lb, PDP and IP Separate

1. STATEMENT OF IDENTITY / PRODUCT NAME

- product name must appear on the PDP
- prominent and in bold type
- appropriate descriptive name
- generally parallel to the base of the package
- at least 1/2 the size of the largest print on the label.

2. NET QUANTITY STATEMENT

Net Weight Statement: for products that are solid, semisolid, viscous, or a mixture of solid and liquid

Weight Range	Units Required	Example of Required Format
Under 1 LB	OZ & g	NET WT 8 OZ (227 g)
1 LB – 2.2 LB	OZ, lbs, & g	NET WT 16 OZ (1 LB) 454 g
2.2 LB – 4 LB	OZ, lb, & kg	NET WT 36 OZ (2.25 LB) 1.02 kg
Over 4 LB	lb & kg	NET WT 4 LB (1.81 kg)

Net Volume Statement: for products that are liquid

Volume Range	Units Required	Example of Required Format
Under 1 PT	FL OZ & mL	8 FL OZ (237 mL)
1 PT - 1.05 QT	FL OZ, PT or QT, & mL	16 FL OZ (1 PT) 473 mL 32 FL OZ (1 QT) 946 mL
1.05 QT - 1 GAL	FL OZ, QT, & L	36 FL OZ (1.13 QT) 1.06 L
Over 1 GAL	GAL & L	1 GAL (3.79 L)

3. HOME PRODUCED STATEMENT

The words "Home Produced" in bold and conspicuous 12-point type on the principal display panel.

4. INGREDIENT STATEMENT & ALLERGEN INFORMATION

- Begin with the word "Ingredients:" followed by a colon
- List all ingredients by common or usual name
- Put the ingredients in descending order of predominance by weight (from heaviest to lightest)
- To list any ingredient which itself contains two or more ingredients declare the name of the ingredient followed by a parenthetical listing of all ingredients contained inside that ingredient from heaviest to lightest

All of the major allergens (milk, egg, fish, shellfish, tree nuts, wheat, peanuts, soybeans, sesame) in the product must be declared by the name of the source food in one of two ways:

- All allergens stated in the ingredient list either as the actual ingredient name (wheat flour, or walnuts) or in brackets after the ingredient name (cream [milk], or lecithin [soy]).
- A "Contains" statement placed directly after the ingredient list. If used, the "Contains" statement must list ALL of the allergens present in the food, even if some or all are listed by name in the ingredient list.

5. CONTACT INFORMATION

The business name, address (street address, city, state & zip code), and phone number of the cottage food producer.

6. NUTRITION STATEMENT (not typically needed for products produced under cottage food law)

The nutrition statement must follow the approved FDA format. These foods do NOT need a nutrition statement on the label:

- foods produced by small businesses (gross sales less than \$50,000 annually per the FDA)
- foods served in restaurants and/or sold ready for immediate consumption
- certain foods sold directly to consumers from the location where they are prepared
- foods that provide no significant nutrition (plain, unsweetened coffee; most single ingredient spices, etc.)
- *any health or nutrition claim or nutrition information on product labeling or advertisements (ex: low fat, good source of calcium, high in protein etc.) voids these exemptions*