

Labeling Requirements for Cottage Food Products

Fulton County Health Department • 700 E. Oak St., Canton, IL 61520 • 309-647-1134, Ext. 230

All cottage food products must be pre-packaged in the home kitchen. The food packaging must conform to the labeling requirements of the Illinois Food, Drug and Cosmetic Act, and must contain the following information:

1. The name of the cottage food operation and unit of local government in which the cottage food operation is located. You do not have to include your street address, if you would prefer not to.
2. The identifying registration number provided by the local health department on the certificate of registration and the name of the city or county in which the registration was filed;
3. The common or usual name of the food product;
4. All ingredients of the food product, including any color, artificial flavor, and preservative, listed in descending order by predominance of weight shown with the common or usual names;
5. Allergen labeling as specified under federal labeling requirements (see page 2);
6. The following phrase in prominent lettering: "**This product was produced in a home kitchen not inspected by a health department that may also process common food allergens. If you have safety concerns, contact your local health department.**"; and
7. The date the product was processed/made.

Example Labels:

<p style="text-align: center;">Laurel's Bakery Canton, IL Fulton County Registration #057-005-22</p> <p style="text-align: center;">Banana Bread</p> <p><u>Ingredients:</u> All-purpose flour (wheat), bananas, powdered sugar, butter (milk), eggs, sugar, walnuts (tree nuts), baking soda, vanilla, milk.</p> <p style="text-align: center;">Made on 05/17/22</p> <p>This product was produced in a home kitchen not inspected by a health department that may also process common food allergens. If you have safety concerns, contact your local health department.</p>
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<p style="text-align: center;">Garden Goodies by Gary Glasford, IL Peoria County Reg. #021-101-22</p> <p style="text-align: center;"><u>Garden Salad Dressing</u></p> <p>Mayonnaise, Canola Oil, Parmesan Cheese, Vinegar, Honey, Lemon Juice, Garlic, Salt, Spices.</p> <p>CONTAINS: Eggs and milk.</p> <p style="text-align: center;">Prepared on: 5/10/22 Use by: 5/16/22</p> <p>This product was produced in a home kitchen not inspected by a health department that may also process common food allergens. If you have safety concerns, contact your local health department.</p>
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Allergen Labeling

The Food Allergen Labeling and Consumer Protection Act of 2004 requires that the eight major food allergens be identified on food labels. The eight major food allergens, which account for over 90% of all food allergies, are:

- Milk
- Eggs
- Fish (e.g., salmon, bass, flounder, cod)
- Crustacean shellfish (e.g., crabs, lobster, shrimp)
- Tree nuts (e.g., almonds, walnuts, pecans, hazelnuts)
- Peanuts
- Wheat
- Soy

The first labeling option is to include the name of the allergen contained in each ingredient in parenthesis following the common name of the ingredient. For example:

Vanilla Wafers

Ingredients: Enriched flour (**wheat**), sugar, soybean oil, corn syrup, whey (**milk**), **eggs**, vanilla, natural and artificial flavoring, salt, leavening, lecithin (**soy**).

The second labeling option is to place the word "Contains" followed by the name of each major food allergen contained in the food, immediately after or adjacent to the list of ingredients, in type size that is no smaller than the type size used for the list of ingredients. For example:

Vanilla Wafers

Ingredients: Enriched flour, sugar, soybean oil, corn syrup, whey, eggs, vanilla, natural and artificial flavoring, salt, leavening, lecithin.

Contains: Wheat, Milk, Eggs, and Soy