



Shasta County Department of Resource Management  
Environmental Health Division  
1855 Placer Street, Suite 201, Redding, CA 96001  
Phone: 530/225-5787 • Fax: 530/225-5413  
www.co.shasta.ca.us

## 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 and address of the Cottage Food Operation which produced the cottage food product must be on the label. The registration number for a "Class A" or permit number for "Class B" food operation must be on the label. In addition, a "Class B" cottage food operation must also provide the name of the county that issued the "Class B" permit on the label.

### 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.

### 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)**

Here is an example of a finished label if nutritional or health claims are used.

### 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:

Amount Per Serving	
<b>Calories</b> 260	Calories from Fat 120
<b>% Daily Value*</b>	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 2g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 660mg	<b>28%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 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