Chapter 19

FSSAI regulations on packaging and labelling requirements

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Food packaging

Food, the most basic necessity of life, has also developed into a lucrative business. Since people no longer have time to cook due to their busy lifestyles, packaged food is gaining popularity. Proper packaging plays a crucial role in preservation of quality and delivery of safe, wholesome food products to the end user. Packaging has been with humans for thousands of years in one form or the other. Packaging dates back to when people first started moving from place to place. Originally, skins, leaves, and bark were used for food transport. Mesolithic humans used baskets, and neolithic humans used metal containers and discovered pottery. Four thousand years ago, sealed pottery jars were used to protect against rodents, and in 1550 BC, glass making was an important industry in Egypt. Tin-plating iron became possible in AD 1200, and as steel replaced iron this method became useful after AD 1600. In 1825, Oersted first extracted aluminum. More recently, plastics were developed, particularly the first commercial plastics in the United States around 1935–1942. Over the last three decades, packaging has grown in volume and importance into one of the most significant areas of food production.

Purpose of packaging

Packaging is the art and science of encasing food products to safeguard them during distribution, sale, and storage. It is also the process of designing and evaluating packages. Product packaging design not only lends aesthetic appeal, but also helps your products stand out from those of others. Packaging performs five main functions (5Ps): product containment, preservation and quality, presentation and convenience, protection, and provide storage history.

1. **Product containment**: The primary purposes of packaging are containment and protection. Containment refers to holding goods in a form suitable for transport, whereas protection refers to safekeeping goods in a way that prevents significant quality deterioration.

2. **Preservation by maintaining quality**: The second function of packaging is to control the local environmental conditions to enhance storage life and safety.
3. **Presentation and convenience**: It is important to display the product in an attractive manner to the potential buyer. For a package to be effective, it must present the product well and should do its own publicity. In many cases, packaging provides convenience to the consumers. Eating styles, such as ready-to-eat meals, snacks, and microwaveable ready meals, have been changed over the years, which need innovation in packaging. For children, the packaging might represent innovation or fun. Other conveniences could be ease of opening, smaller portions and tamper-proof methods.
4. **Protection during distribution and processing**: The fourth function is to protect the product during transit to the consumer. Packaging can handle better when there are challenges in food distribution chain, such as heat, humidity, or dew. It is important to be aware of the distribution challenges and designing of package to suit it.
5. **Provide storage history**: Time-temperature indicator (TTI) is effective for predicting microbial concentrations and other parameters of food quality during shipping and storage. It helps in ensuring proper handling and provides a gauge of product quality for sensitive products in which temperature control is imperative to efficacy and safety. TTIs are tags that can be applied to individual packages or shipping cartons to visually indicate whether a product has been exposed to time and temperature conditions that adversely affect the product quality. TTI could be used in chilled foods to identify the temperature abuse during storage and distribution.

Types of Packaging Materials

From skins, leaves, and bark, tremendous progress has been made in the development of diversified packaging materials and in the packaging equipment. In general, packaging materials may be grouped into rigid and flexible structures.

- **Flexible materials**: Plastic film, foil, paper and textiles are flexible materials.
- **Rigid materials**: Wood, glass, metals and hard plastics are examples of rigid materials.

Plastics

Polymers are the fastest-growing group of materials in food packaging. Their foremost advantage is their wide diversity and extremely broad spectrum of properties. Plastics are relatively cheap, light, easily processed and shaped, and easy to seal. Since no single film can satisfy all packaging requirements, plastic films may be combined by lamination or coextrusion.

- **Polyethylene (PE)**: PE is the result of polymerization of ethylene gas and has the formula $(CH_2)n$. Two main manufacturing processes result in different PE products. The first is called LDPE and the second HDPE.
- **Polypropylene (PP)**: This monomer has the formula $CH_2CH–CH_3$. PP was developed using polymerization catalyst technology.
- **Polyvinyl chloride (PVC)**: This monomer has the formula $CH_2CH–Cl$. The term vinyl means that a halogen has been substituted for a hydrogen atom.

- **Polyvinylidene chloride (PVDC)**: This polymer is similar to PVC, except that there is a double chlorine substitution, giving $CH_2=CCl_2$.
- **Polytetrafluoroethylene (PTFE)**: The formula for this monomer is $CF_2=CF_2$.
- **Polystyrene (PS)**: This polymer results when an ethylene hydrogen is replaced by a phenyl radical ($CH_2CH–C_6H_5$). It is a synthetic rubber, which does not degrade over time.
- **Polyesters (PES)**: Polyesters are plastics formed by the polymerization of esters.
- **Polyethylene terephthalate (PET)**: Ethylene glycol and terephthalic acid yield polyethylene terephthalate (PET).
- **Cellulose**: This was the first transparent film to be used (invented by Du Pont) in packaging and was widely used until the advent of PP. It is biodegradable. A common name is cellophane.
- **Cellulose acetate**: This product is made from cellulose and acetic anhydride.
- **Polyamides (nylons)**: These are made from condensation of a diacid (e.g., adipic acid) and a diamine (e.g., hexamethylene diamine). Polyamides are used for boil-in-the-bag-type products, frozen foods, fish, meat, vegetables, and processed meat and cheese, always in lamination.
- **Polycarbonates**: These are formed from condensation of carbonic acid in the presence of aliphatic or aromatic dihydroxy compounds.
- **Ethylene vinyl alcohol (EVOH)**: This film has high oxygen-barrier properties, but hydroxyl groups make it hydrophilic, which increases its permeability. Thus, it must be sandwiched between materials with good water-barrier properties, such as PP of LDPE, to be effective. However, its oxygen-barrier properties make it a highly desirable film, competing with PVDC for this role.
- **Acrylonitrile (AN)**: This is an excellent gas barrier (like EVOH and PVDC).
- **Pliofilm**: This is a rubber hydrochloride formed by combining polyisoprene (natural rubber) with hydrochloric acid. It is a printable, good-feel, opaque film with good heat-sealing characteristics and grease resistance. Pliofilm is no longer used much as it is not easy to machine and is not very durable.
- **Ionomers**: Surlyn is the brand name of a range of Du Pont ionomer resins (invented by Rees in 1961). An ionomer resin has both ionic and covalent bonds. Surlyn is used for shrink-wrapped meat, cheese blocks, fish, individual candy wrapping, pet food bags, potato chips, snack foods, drink Tetra Pak cartons, margarine tubs, cookies, frozen foods, nuts, etc. as part of a laminate structure, especially as the inner heat-sealing layer.

Metals (Steel, Tin, Aluminum)

Steel, tin, and aluminum are used mainly for canned foods and beverages. The most common use of metals for packaging is in tin-coated steel and aluminum cans. The principal advantages of metal cans are their strength providing mechanical protection, effective barrier properties, and resistance to high temperatures providing stability during processing.

Glass

Glass containers used to be and still are considered a prestigious means of packaging, and serve for the most expensive wines, liqueurs, perfumes, and cosmetics. It is highly inert, impermeable to gases and vapours, and amenable to the most diverse shaping. In its normal state, it has the advantage of transparency, but where required it can be given different desired colours. It has complete as well as selective light protection properties. Its main disadvantages are its fragility, heavy mass and high energy requirement during manufacturing.

Timber, Cardboard, and Papers

Pulp products are widely used in food packaging in the form of different kinds of paper, paperboard, laminates, and corrugated board. The main advantages of paper are its low cost, low mass, relatively high stiffness and excellent printability. The main disadvantage is its high sensitivity to moisture, reflected in close dependence on the relative humidity of the environment. The basic raw material for papermaking is cellulose. Use of wood in packaging today is rather limited, confined primarily to crates, large boxes and pallets. Its major advantage is its strength, but it is quite expensive and cheaper alternatives, such as corrugated board, have been found adequate for many applications. Even pallets, which used to be made exclusively from wood, are made today in part from foamed plastics.

Ceramics

The term ceramic describes any nonmetal nonorganic material produced by high temperatures, such as glass and pottery. The most common use of ceramics in the food industry is, of course, pottery. The chemical composition of most ceramics is silica (SiO_2), alumina (Al_2O_3), and water. Glass is almost pure silica, whereas clays have large amounts of alumina present.

Metallized Films

Aluminum-metallized films are extensively used in food packaging applications. Compared with films containing aluminum foil, metallization has the following advantages: (1) lower environmental impact due to a significant reduction in the amount of raw material used and the recyclability of metallized film scrap as part of the base material, (2) greater flexibility and resistance to flexion, and (3) impressive presentation.

Food Labelling

A label displays information regarding the product, which is typically printed on the packaging. It is a piece of paper, polymer, cloth, metal, or other material affixed to a container or article. A label may also be printed directly on the container or article. A label not only describes the product and its uses, but also provides instructions and crucial precautionary measures (if any) that need to be taken care of. It essentially informs consumers of the properties of a product. Food Labelling hence serves as a primary link of communication between the manufacturer and consumer and covers both food safety and information of consumer interest.

Food Packaging Symbols

This symbol is often used on containers, such as Tupperware, to show that the product is suitable for food use. It may or may not have the word "food" below the cup and fork.

Recycling – this logo is used internationally to show that the product can be recycled. This is not an indication that the packaging has been made from recycled material. A number in the middle of this image (if shown) is to indicate the percentage of recycled material that makes up that product.

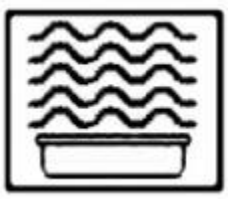
Plastic recycling – another widely used symbol to show that the plastic used in the packaging can be recycled. The PET refers to Polythene Terephthalate which is commonly used in this application. The number inside (1 – 7) defines the resin used in making the packaging.

Compostable – this symbol is a registered trademark of European Bioplastics and is used to show that the packaging is certified to be compostable. Only products that have met the EU standard EN 13432/14955 can use this logo.

Vegetarian –The product in the food packaging is suitable for vegetarians. There is an alternative logo that uses a tick rather than leaves, although the meaning stays the same.

Gluten Free – this states that the product does not contain gluten or any other wheat extracts. This will typically be very clearly labelled on products that match this description.

Allergy Advice – often products that contain ingredients that are common allergies will include this symbol. One of the most common ones to see is this symbol with “may contain nuts” below it.



This is the symbol used to show that the food packaging is suitable for use in a microwave. An alternative symbol is the waves with the word “micro” included below. Always check to make sure this logo is present before trying to microwave it.

Product suitable for freezing – if this image is seen on your food packaging, then you are able to freeze the entire product without having to remove the wrapping first.

FSSAI guidelines on packaging and labelling of food products

Food Safety and Standards Authority of India (FSSAI) is an autonomous body established by the Government of India under the Ministry of Health & Family Welfare. It usually sets standards for food so that there is no chaos in the minds of consumers, traders, **manufacturers** and investors. Since the FSSAI is the authority on all food-related things in India, FSSAI registration and observance of FSSAI rules is a must.

Food safety and standards (packaging and labelling) regulations, 2011

Packaging: General Requirements

1. A utensil or container made of the following materials or metals, when used in the preparation, packaging and storing of food shall be deemed to render it unfit for human consumption: —

a. containers which are rusty;
b. enameled containers which have become chipped and rusty;
c. copper or brass containers which are not properly tinned
d. containers made of aluminium not conforming in chemical composition to IS:20 specification for Cast Aluminium & Aluminium Alloy for utensils or IS:21 specification for Wrought Aluminium and Aluminium Alloy for utensils.

2. Containers made of plastic materials should conform to the following Indian Standards Specification, used as appliances or receptacles for packing or storing whether partly or wholly, food articles namely: —

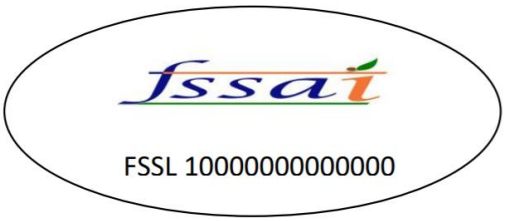
(i) IS: 10146 (Specification for Polyethylene in contact with foodstuffs);
(ii) IS: 10142 (Specification for Styrene Polymers in contact with foodstuffs);
(iii) IS: 10151 (Specification for Polyvinyl Chloride (PVC), in contact with foodstuffs);
(iv) IS: 10910 (Specification for Polypropylene in contact with foodstuffs);
(v) IS: 11434 (Specification for Ionomer Resins in contact with foodstuffs);
(vi) IS: 11704 Specification for Ethylene Acrylic Acid (EAA) copolymer;
(vii) IS: 12252 - Specification for Poly alkylene terephthalates (PET);
(viii) IS: 12247 - Specification for Nylon 6 Polymer;
(ix) IS: 13601 - Ethylene Vinyl Acetate (EVA);
(x) IS: 13576 - Ethylene Metha Acrylic Acid (EMAA);
(xi) Tin and plastic containers once used, shall not be re-used for packaging of edible oils and fats; Provided that utensils or containers made of copper though not properly tinned, may be

used for the preparation of sugar confectionery or essential oils and mere use of such utensils or containers shall not be deemed to render sugar confectionery or essential oils unfit for human consumption.

3. General packaging requirements for Canned products,
   I. All containers shall be securely packed and sealed.
   II. The exterior of the cans shall be free from major dents, rust, perforations and seam distortions.
   III. Cans shall be free from leaks.

Labelling: General Requirements

1. Every pre-packaged food shall carry a label containing information as required here under unless otherwise provided, namely, —
2. The particulars of declaration required under these Regulations to be specified on the label shall be in English or Hindi in Devnagri script: Provided that nothing herein contained shall prevent the use of any other language in addition to the language required under this regulation.
3. Pre-packaged food shall not be described or presented on any label or in any labelling manner that is false, misleading or deceptive or is likely to create an erroneous impression regarding its character in any respect;
4. Label in pre-packaged foods shall be applied in such a manner that they will not become separated from the container;
5. Contents on the label shall be clear, prominent, indelible and readily legible by the consumer under normal conditions of purchase and use;
6. Where the container is covered by a wrapper, the wrapper shall carry the necessary information or the label on the container shall be readily legible through the outer wrapper and not obscured by it;
7. License number shall be displayed on the principal display panel in the following format, namely: -



Provided that the existing products of a unit shall comply with the requirement of this clause on and after the six months of commencement of the Food Safety and Standards (packaging and labelling) Amendment Regulation, 2013.

Labelling of pre-packaged foods

In addition to the General Labelling requirements, every package of food shall carry the following information on the label, namely, —

1. **The Name of Food**: The name of the food shall include trade name or description of food contained in the package.

2. **List of Ingredients**: Except for single ingredient foods, a list of ingredients shall be declared on the label in the following manner: —

(a) The list of ingredients shall contain an appropriate title, such as the term "Ingredients";

(b) The name of Ingredients used in the product shall be listed in descending order of their composition by weight or volume, as the case may be, at the time of its manufacture;

(c) A specific name shall be used for ingredients in the list of Ingredients;

(d) Where an ingredient itself is the product of two or more ingredients, such a compound ingredient shall be declared in the list of ingredients, and shall be accompanied by a list, in brackets, of its ingredients in descending order of weight or volume, as the case may be: Provided that where a compound ingredient, constitutes less than five percent of the food, the list of ingredients of the compound ingredient, other than food additive, need not to be declared;

(e) Added water shall be declared in the list of ingredients except in cases where water forms part of an ingredient, such as, brine, syrup or broth, used in the compound food and so declared in the list of ingredients: Provided that water or other volatile ingredients evaporated in the course of manufacture need not be declared; Provided further that in the case of dehydrated or condensed food, which are intended to be reconstituted by addition of water, the ingredients in such reconstituted food shall be declared in descending order of weight or volume as the case may be, and shall contain a statement such as "Ingredients of the product when prepared in accordance with the directions on the label";

(f) Every package of food sold as a mixture or combination shall disclose the percentage of the ingredient used at the time of the manufacture of the food (including compound ingredients or categories of ingredients), if such ingredient–

i. is emphasised as present on the label through words or pictures or graphics; or

ii. is not within the name of the food but, is essential to characterise the food and is expected to be present in the food by consumers, and if the omission of the quantitative ingredient declaration will mislead or deceive the consumer.

Provided that where the ingredient has been used as flavouring agent, the disclosure of such ingredient is not required:

Provided further that where the drained net weight is indicated on the label as required or in case of such food products where specific provisions are stipulated under these Regulations or where a pictorial representation of a serving suggestion is made for consumer information and use, the disclosure of such ingredient is not required.

Provided further that in case of any bottle containing liquid milk or liquid beverage having milk as an ingredient, soft drink, carbonated water or ready-to-serve fruit beverages, the declarations with regard to addition of fruit pulp and fruit juice shall invariably appear on the body of the bottle.

3. **Nutritional information** – Nutritional Information or nutritional facts per 100 gm or 100ml or per serving of the product shall be given on the label containing the following: —

(i) energy value in kcal;

(ii) the amounts of protein, carbohydrate (specify quantity of sugar) and fat in gram (g); (iii) the amount of any other nutrient for which a nutrition or health claim is made:

Provided that where a claim is made regarding the amount or type of fatty acids or the amount of cholesterol, the amount of saturated fatty acids, monounsaturated fatty acids and polyunsaturated fatty acids in gram (g) and cholesterol in milligram (mg) shall be declared, and the amount of trans fatty acid in gram (g) shall be declared in addition to the other requirement stipulated above;

(iv) Wherever, numerical information on vitamins and minerals is declared, it shall be expressed in metric units;

(v) Where the nutrition declaration is made per serving, the amount in gram (g) or millilitre (ml) shall be included for reference beside the serving measure;

Provided that the food claimed to be enriched with nutrients, such as, minerals, proteins, vitamins, metals or their compounds, amino acids or enzymes shall give the quantities of such added nutrients on the label.

Provided that — (i) the nutritional information may not be necessary, in case of foods such as raw agricultural commodities, like, wheat, rice, cereals, spices, spice mixes, herbs, condiments, table salt, sugar, jaggery, or non –nutritive products, like, soluble tea, coffee, soluble coffee, coffee-chicory mixture, packaged drinking water, packaged mineral water, alcoholic beverages or fruit and vegetables, processed and pre-packaged assorted vegetables, fruits, vegetables and products that comprise of single ingredient, pickles, papad, or foods served for immediate consumption such as served in hospitals, hotels or by food services vendors or halwais, or food shipped in bulk which is not for sale in that form to consumers.

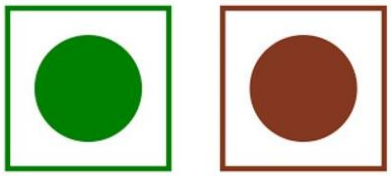
(ii) The compliance to quantity of declared nutrients on the label shall be according to the established practices.

4. Declaration regarding Veg or Non veg –

(i) Every package of "Non-Vegetarian" food shall bear a declaration to this effect made by a symbol and colour code as stipulated below to indicate that the product is Non-Vegetarian Food. The symbol shall consist of a brown colour filled circle having a diameter not less than the minimum size specified in the regulation, inside a square with brown outline having sides double the diameter of the circle.

(ii) Where any article of food contains egg only as Non-Vegetarian ingredient, the manufacturer, or packer or seller may give declaration to this effect in addition to the said symbol.

(iii) Every package of Vegetarian Food shall bear a declaration to this effect by a symbol and colour code as stipulated below for this purpose to indicate that the product is Vegetarian Food. The symbol shall consist of a green colour filled circle, having a diameter not less than the minimum size specified, inside the square with green outline having size double the diameter of the circle.



5. Declaration regarding Food Additives-

(i) For food additives falling in the respective classes and appearing in lists of food additives permitted for use in foods generally, the following class titles shall be used together with the specific names or recognized international numerical identifications:

Acidity Regulator, Acids, Anticaking Agent, Antifoaming Agent, Antioxidant, Bulking Agent, Colour, Colour Retention Agent, Emulsifier, Emulsifying Salt, Firming Agent, Flour Treatment Agent, Flavour Enhancer, Foaming Agent, Gelling Agent, Glazing Agent, Humectant, Preservative, Propellant, Raising Agent, Stabilizer, Sweetener, Thickener:

(ii) Addition of colours and/or Flavours—

6. Name and complete address of the manufacturer

7. Net quantity

8. Lot/Code/Batch identification

9. Date of manufacture or packing

10. Best Before and Use By Date

11. Country of origin for imported food

12. Instructions for use

Food Safety and Standards (Labelling and Display) Regulations

Food Safety and Standards Authority of India made the Food Safety and Standards (Packaging and Labelling) Regulations, 2011, but later to make the national labelling regulations more robust and effective, FSSAI was in the process of comprehensive revision of Food Safety and Standards (Packaging and Labelling) Regulations, 2011 with the objective of having three different regulations dealing separately to packaging, labelling and Advertisement & claims requirements. In this series, two regulations namely "FSS (Packaging) Regulations and FSS (Advertising and Claims) Regulations have been finalised and notified in the year 2018.

The Food Authority has thus divided the packaging and labelling regulations into two regulations, -

(i) the Food Safety and Standards (Packaging) Regulations, 2018; and

(ii) the Food Safety and Standards (Labelling and Display) Regulations, 2019.

- According to the Regulations, the packaged food companies will need to declare nutritional information such as calories (energy), Saturated fat, trans-fat, added sugar and sodium per serve on the front of the pack.
- The idea behind the new labelling regulations is to enable citizens to know more about the composition of food products, so that they can make informed choices.
- The food labels will also declare, per serve percentage contribution to RDA (recommended dietary allowance) on the front of the pack.
- In a bid to encourage consumers make healthier food choices, these regulations propose to make it mandatory to display red colour-coding on front-of-the-pack labels on packaged food products that have high-fat, high-sugar and high-salt content levels.
- This requirement would be implemented in phased manner for a period of three years.
- In present time, the industry practice is to put manufacturing date and expiry date at two different places over the pack and it became difficult for consumer to see both at a glance.
- Hence, the new regulations propose that Date Marking including date of manufacturing and date of expiry must be at one place to make it easily.
- Food allergen labelling is an important tool to reduce risk of exposure and prevent anaphylaxis for individuals with food allergies. Hence, the new regulations prescribe the Provision for labelling of food allergen and also allows to use of standardized precautionary and safety symbols.
- Other key features of these regulations are:
    - Mandatory labelling requirements like information relating to allergens and logo of veg, non-veg food etc. for the prepared food as well.
    - Nutritional information may additionally be provided in the form of Barcode/Global Trade Identification Number (GTIN).
    - New logo for Vegetarian food, which consists of a green colour filled triangle inside a square with green outline to help the colour-blind people.
    - Every package of food material which is not meant for human consumption shall bear a [X] symbol so as to clearly distinguish the non-food grade items to food items.
    - An internal mechanism to address the problem arising out of implementation/interpretation of the regulations.

These Regulations will supersede the Food Safety and Standards (Packaging and Labelling) Regulations, 2011. The above-mentioned draft regulations were published and the copies of the said Gazette were made available to the public on 2nd July, 2019. The objections and suggestions received on the said draft regulations have been considered by the Food Safety and Standards Authority of India and made food safety and standards (labelling and display) regulations, 2020.

Food Safety and Standards (Packaging) Regulations, 2018

General Requirements

- Every food business operator shall ensure that the packaging material used shall be in accordance with these regulations: Provided where Indian Standards are not available, then relevant International Standards may be complied with.
- Any material which comes in direct contact with food or likely to come in contact with food used for packaging, preparation, storing, wrapping, transportation and sale or service of food shall be of food grade quality.
- Packaging materials shall be suitable for the type of product, the conditions provided for storage and the equipment for filling, sealing and packaging of food as well as transportation conditions.
- Packaging materials shall be able to withstand mechanical, chemical or thermal stresses encountered during normal transportation. In case of flexible or semi-rigid containers, an overwrap packaging may be necessary.
- Food products shall be packed in clean, hygienic and tamper-proof package or container.
- The sealing material shall be compatible with the product and the containers as well as the closure systems used for the containers
- Tin containers once used, shall not be re-used for packaging of food
- Plastic containers of capacity 5 litre and above and Glass bottles, which are reused for packaging of food, shall be suitably durable, easy to clean or disinfect
- Printing inks for use on food packages shall conform to IS: 15495
- Printed surface of packaging material shall not come into direct contact with food products
- Newspaper or any such material shall not be used for storing and wrapping of food
- In case of multilayer packaging, the layer which comes in direct contact with food or layers likely to come in contact with food shall meet the requirements of packaging materials specified in Schedule I, II and III of these regulations.
- The materials listed in Schedule I, II and III of these regulations shall be compatible with their intended use as a packaging material so as not to alter the quality and safety of the food product.
- Every food business operator shall obtain the certificate of conformity issued by NABL accredited laboratory against these regulations, for the packaging material, which comes in direct contact with food or layers likely to come in contact with food to be used.

Specific Requirements for Primary food packaging

- Paper and board materials intended to come in contact with food products
- Glass containers intended to come in contact with food products
- Metal and Metal Alloys intended to come in contact with food products
- Plastic materials intended to come in contact with food products

Migration: Plastic materials intended to come in contact with food products

All packaging materials of plastic origin shall pass the prescribed overall migration limit of 60 mg/kg or 10 mg/dm2 when tested as per IS 9845 with no visible colour migration.

Plastic materials and articles shall not release the substances in quantities exceeding the specific migration limits (mg/Kg) as given below.

- Barium 1.0
- Cobalt 0.05
- Copper 5.0
- Iron 48.0
- Lithium 0.6
- Manganese 0.6
- Zinc 25.0

Schedule – IV: List of suggestive packaging materials

Fish and fish products or Seafood

- Glass jars with plastic (PP or High-density polyethylene (HDPE) caps
- Metal Containers with metal lid (lacquered tin containers)
- Polyethylene terephthalate (PET) punnets or containers with plastic caps
- Plastic-based multi-layered flexible laminates heat sealed pouches
- Plastic tray with overwrap

Food safety and standards (labelling and display) regulations, 2020

These regulations prescribe the labelling requirements of pre-packaged foods and display of essential information on premises where food is manufactured, processed, served and stored.

Labelling of pre-packaged foods: General Requirements

1. Every pre-packaged food shall be labelled with information as required under these regulations unless otherwise provided.
2. When a food product is sold through e-commerce or any other direct selling means, the mandatory requirements of the label as given in these regulations shall be provided to the consumer through appropriate means before sale.
3. Pre-packaged food shall not be described or presented on any label or in any labelling in a manner that is false, misleading or deceptive or is likely to create an erroneous impression regarding its character in any respect.
4. Any information or pictorial device written, printed, or graphic matter may be displayed on the label provided that it is not in conflict with the requirements of these regulations.
5. The particulars of declaration required under these Regulations printed on the label shall be in English or Hindi.
6. Label on pre-packaged foods shall be applied in such a manner that it will not become separated from the container.
7. Contents on the label shall be clear, unambiguous, prominent, conspicuous, indelible and readily legible by the consumer under normal conditions of purchase and use.
8. Where a package is provided with an outside container or wrapper and such container or wrapper is displayed for retail sale, it shall also contain all the declarations which are required

to appear on the package except where such container or wrapper itself is transparent and the declarations on the package(s) are easily readable through such outside container or wrapper.

Labelling Requirements

Every package shall carry the following information on the label, namely, -

(1) The Name of Food: Every package of food shall carry name of the food, which indicate the true nature of the food contained in the package, on the Front of Pack:

(a) Where a food is specified by certain essential composition under Food Safety and Standards Regulations made under the Act, that establishes its identity the name provided therein shall be used;

(b) In the absence of such name, either a common or usual name or an accompanying description of true nature of food shall be used;

(c) It may additionally have a "coined", "fanciful", "brand" or "trade name" subject to compliance of Food Safety & Standards (Advertising and Claims) Regulation 2018.

(2) **List of Ingredients**: Except for single ingredient foods, a list of ingredients shall be declared on the label.

(3) **Nutritional information**: Nutritional Information per 100 g or 100 ml or per single consumption pack of the product and per serve percentage (%) contribution to Recommended Dietary Allowance calculated on the basis of 2000 kcal energy, 67 g total fat, 22 g saturated fat, 2 g trans-fat, 50 g added sugar and 2000 mg of sodium (5 g salt) requirement for average adult per day, shall be given on the label.

(**4) Declaration regarding Veg or Non veg**

Non-Vegetarian Food: The symbol shall consist of a brown colour filled triangle inside a square with brown outline.

Vegetarian Food: The symbol shall consist of a green colour filled circle, having a diameter not less than the minimum size specified, inside the square with green outline having size double the diameter of the circle.

(5) Declaration regarding Food Additives

(6) Declaration of name and complete address

(7) FSSAI logo and license number: The FSSAI logo and license number under the Act shall be displayed on the label of the food package in contrast colour to the background as below:

Lic. No. XXXXXXXXXXXXX

Fortified food and organic food shall be marked with the logo as specified in the schedule of these regulations. FSSAI may specify logo for any other food as decided from time to time.

1. Every package of fortified food shall carry the words "fortified with …… (name of the fortificant)" and the logo, as specified below, on the label. It may also carry a tag line "Sampoorna Poshan Swasth Jeevan" under the logo.

Fortified with....
SAMPOORNA POSHAN
SWASTHA JEEVAN

.... से फोर्टिफाइड

सम्पूर्ण पोषण स्वस्थ जीवन

2. Every package of certified organic food as per Food Safety and Standards (Organic Foods) Regulations, 2017 shall carry the logo as specified below:

(8) Net quantity, Retail Sale Price and Consumer Care details
(9) Lot/Code/Batch identification
(10) Date Marking: "Date of manufacture or packaging" and "Expiry/Use by" shall be declared on the label. However, expression "Best before" may also be used as optional or additional information.
(11) Labelling of Imported Foods
(12) Country of Origin for Imported Foods
(13) Instructions for use

(14) Declaration regarding Food allergen

(15) Every package of food material sold in retail, but which is not meant for human consumption shall bear a declaration to this effect by a symbol. The symbol shall consist of a black colour cross inside a square with black outline having the sides of square
not less than the minimum size specified.

Principal display panel. - (1) The information required under these regulations shall be given on the principal display panel of the package or container and such information may be given in following manner, - (a) All information should be grouped together and given at one place. Or (b) The pre-printed information be grouped together and given in one place and, Online information or those not pre-printed be grouped together in another place.

Labelling Requirements of non-retail container

(1) Every packaged food meant for non-retail sale shall provide the following mandatory information either on the container or pasted on the label thereto:

(a) Name of the food;

(b) Net Quantity;

(c) FSSAI Logo and License number;

(d) Date marking;

(e) Lot No.

(f) Name and address of the manufacturer or packer (including country of origin for imported packages)

(2) The following information if not provided on the label shall be provided in the accompanying documents:

(a) List of ingredients

(b) Declaration regarding Veg or Non-Veg

(c)Nutritional information

(3) The following labelling requirements are exempted if they are provided in a Barcode/Global Trade Identification Number (GTIN); -

(a) Address of the brand owner whether or not, he himself is the manufacturer, marketer, packer or bottler, as the case may be,

(b) the license number of the manufacturer or marketer or packer or bottler, as the case may be, if different from the brand owner.

(4) Every package meant for non- retail sale shall bear a statement "NOT FOR RETAIL SALE"

Labelling of packaged Food Additives for Retail Sale

(1) Every package of a food additive meant for retail sale to the consumer shall be labelled in accordance with the Food Safety and Standards (Labelling and Display) Regulations, 2020.

(2) Additionally, the label of every package of food additive shall provide the following information under these regulations:

(a) Name of Food Additive

(b) Other Mandatory Declarations:

(i) Every package of a food additive sold in retail or non-retail sale shall be marked prominently with the words "FOR USE IN FOOD".

(ii) In the case of mixtures of flavourings, the name of each flavouring present in the mixture need not be given but a common or generic expression "flavour" or "flavouring" may be used, together with a true indication of the nature of the flavour.

The expression "flavour" or "flavouring" shall be qualified by the words "natural", nature-identical", "artificial", or a combination of these words, as appropriate. Provided that this qualifier does not apply to flavour modifiers.

Conclusion

Food labelling and food packaging help the consumers in differentiating between various foods and finding out the best products matching their requirements. There is a significant demand for getting FSSAI license or registration in India in order to run a food business. It's crucial for all the food business operators carrying out their business in India to abide by the FSSAI's Food Packaging and Labelling Regulations.

Reference/Website

https://www.fssai.gov.in/