

# Transcripts for videos

## Natasha's Law Video text

<https://www.youtube.com/watch?v=B2FdeVjDzGs>

A Video from the Food Standards Agency explaining changes to food allergen information: What you need to know.

From 1 October 2021 the way some allergen information is provided will change.

This will apply in England, Wales and Northern Ireland.

Find out what's changing and what your business may need to do.

What's changing?

Labelling will be required on all food which is prepacked for direct sale.

This change will provide allergen information on the label to help people make safer choices.

What is prepacked for direct sale (PPDS)?

Prepacked for direct sale is food which is packaged at the same place it is offered to consumers AND is in packaging before being ordered or selected.

This could be sandwiches, salads, and other foods.

What should be on the label?

Labels should have the name of the food and a full list of ingredients.

If any of the 14 allergens are contained in the food they must be emphasised on the list.

What does my food business need to do?

Check whether you offer prepacked for direct sale food

Image on screen shows website [www.food.gov.uk/PPDS](http://www.food.gov.uk/PPDS)

Use our guide to find out which food is affected and what to do before 1 October 2021.

To find out more visit [www.food.gov.uk/PPDS](http://www.food.gov.uk/PPDS)

## Food Labels- What you need to know video text

<https://www.youtube.com/watch?v=eUh2aU3CoA4&t=24s>

Food labels – what you need to know

To ensure we make informed choices about the food we buy and eat, the label on pre-packed foods must not be misleading, and should show certain information, including the following:

Number 1

Pre-packed food labels must display: the product name and name and address of the food business.

Number 2

Pre-packed food labels must:

Display the ingredients list (by weight from largest to smallest) and emphasise any of the required 14 allergens.

Number 3:

Food labels on pre-packed perishable foods must display a use by date. This is for food safety.

A best before date is about quality and is generally found on dried foods or tinned goods.

Number 4:

Pre-packed food labels must display nutritional information.

This should include the energy value in kilojoules (kJ) and kilocalories (kcal), amounts of fat, saturates, carbohydrate, sugars, protein and salt (in grams).

Number 5:

Pre-packed food labels must display any special storage or cooking instructions.

Find out more at [food.gov.uk/foodlabels](http://food.gov.uk/foodlabels)