

The Health Department has **adopted a new [Manufactured Food Rule](#) that goes into effect on August 1, 2024**. Below is a summary of the changes affecting exemption filers adopted in the new rule.

Labeling for Exempt Manufacturers

The new rule requires food manufacturers and bakeries claiming a licensing exemption to include certain information on their food labels:

1. The name and address of their operation
2. The name of the food product
3. The ingredients of the food product, in descending order of predominance by weight, which means the ingredients used in the greatest amount are listed first, followed by those in smaller amounts
4. The net weights or net volumes of the food product
5. Allergen information as specified by federal labeling requirements
6. Nutritional labeling as specified by federal labeling requirements is required if any nutrient content claim, health claim, or other nutritional information is provided (see below)
7. The following statement, in at least 10-point type in a contrasting color to the background label: “Made in a home kitchen not inspected by the Vermont Department of Health.”

When a food product is served without packaging or is available for consumer self-dispensing, a card, sign, or other method of notification with the required label information should be displayed in plain view of the consumer.

Tips for Food Allergen Labeling:

Food allergens, substances that are usually harmless to a large percentage of the population, are proteins in a food that cause allergic reaction in a person with food allergies. Nine major food allergens have been identified including: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame. Food allergens can be listed on your label in one of two ways:

1. Food allergens can be labeled in parentheses after the name of the ingredients. Example: Flour (Wheat), Soy Lecithin (Soy), Nonfat Dry Milk (Milk).
2. Food allergens can also be labeled after or next to the ingredient lists using “Contains” statement. Example: Flour, Soy Lecithin, Nonfat Dry Milk. Contains Wheat, Soy, and Milk.”

Labeling Example of Chocolate Chip Cookies with Allergens:

Chocolate Chip Cookies

Establishment Name, Establishment Address

Ingredients: Enriched flour (wheat flour, niacin, reduce iron, thiamine, riboflavin, folic acid), butter (milk, salt), chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin), sugar, eggs, baking soda.

Contains wheat, eggs, milk, and soy.

Net Wt. 17 OZ (485g)

Made in a home kitchen not inspected by the Vermont Department of Health.

Nutritional Labeling

Almost all exempt food manufacturers are automatically exempt from nutritional labeling requirements based on gross annual sales and the volume of foods manufactured. However, a Nutrition Facts Panel is required if you make a nutrient content or health claim on the label. Examples of these include “sugar-free,” “low fat” or “reduces risk of heart disease.”

The Health Department will be implementing these changes first with outreach and education. If you are not familiar with the existing federal regulations, please review the updated regulations and evaluate how your business activities may fit under the required provisions. If your business is still operating under the license exemption from the Health Department, please start implementing the required changes to your food label for awareness by the public.