

Food label checklist: federal basics

For a packaged food sold in the U.S. Tick each line before you print. Cottage food sellers: use your state's checklist too.

	Element	What to print	Rule
☐	Name of the food	The common or usual name, on the front (principal display panel).	21 CFR 101.3
☐	Net quantity	Net weight, e.g. "Net Wt 8 oz (227 g)": on the front, in the bottom 30%, letter height set by the front's area.	21 CFR 101.7; 15 U.S.C. 1453
☐	Ingredients	Common names, heaviest first by weight; sub-ingredients in parentheses.	21 CFR 101.4
☐	Major food allergens	Milk, egg, fish, Crustacean shellfish, tree nuts, wheat, peanuts, soybeans, sesame: in a "Contains" line right after the ingredients, or in parentheses in the list. Name the specific nut, fish or shellfish.	21 U.S.C. 343(w)
☐	Name and place of business	Of the manufacturer, packer or distributor.	21 CFR 101.5
☐	Nutrition Facts	Required unless an exemption applies, such as FDA's small business exemptions; claims can remove them.	21 CFR 101.9(j)
☐	Type size	Required information at least 1/16 inch tall, measured on the lower case "o". Print at 100%.	21 CFR 101.2(c)
☐	Your state's rules	Home-kitchen statement, and any phone, date, registration number or other line your state requires.	Your state's cottage food law

Guides with the full rule text and sources: easyfoodlabels.com/guides