


**Batch No. BM0899**
**Mfg Date: 03 2020**
**Exp Date: 03 2024**

**INGREDIENTS:**
WATER, PEANUT BUTTER, PEANUTS, CORN SYRUP, HYDROGENATED VEGETABLE OIL, SALT, SUGAR, SOY SAUCE

**TYPICAL NUTRITIONAL INFORMATION**

| Nutrient Average quantity per 100 g | |
|---|---|
| **Energy** | **1890 kJ (452 kcal)** |
| Protein | |
| Carbohydrates | 72g |
| Dietary fiber | 3g |
| Total fat | 16 g |
| Saturated fatty acids | 3g |
| Trans fatty acids | 0g |
| Polyunsaturated fat acids | 1g |
| Monounsaturated fatty acids | 1g |
| Cholesterol | 0mg |
| Sodium | 60mg |
| Total sugars | 6g |





The UNBS acknowledges and appreciates the valuable input from all its partners and stakeholders who contributed to the development of these simplified guidelines.



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Developed with support from the UK Department for International Development (DFID).


# FOOD LABELLING

## Simplified Guidelines for the Food and Drinks Manufacturing Industry



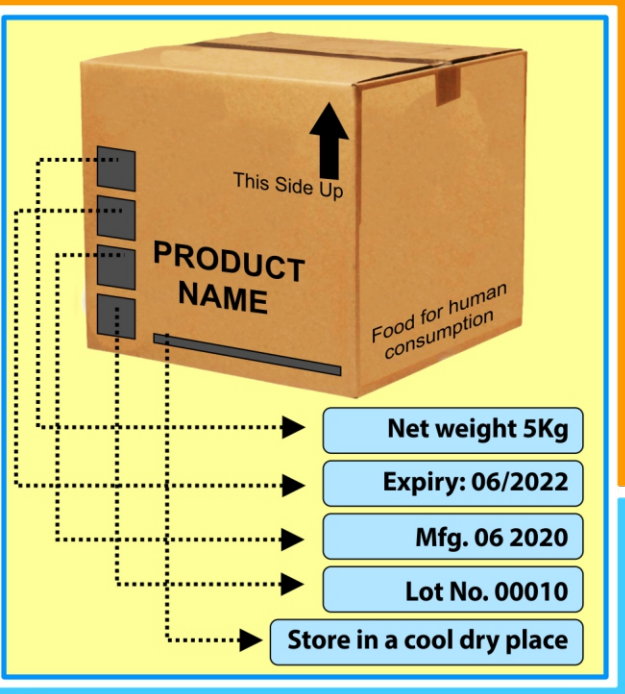

The Commonwealth Standards Network (CSN) in partnership with the Uganda National Bureau of Standards (UNBS) have simplified the standards code of practice for hygiene in the food and drinks manufacturing industry, and labelling requirements to create awareness within Small and Medium Enterprises (SMEs) in order to improve the quality and marketability of their products.

# FOOD LABELLING

**General:** Food labelling is the standard means of communication between the producer or seller on the one hand, and the purchaser or consumer on the other.

**Don'ts**

1. Labels shall not become separated from the container.
2. Labels shall not be illegible.
3. Labels shall not be hidden, and/or interrupted by any other written or pictorial matter.
4. Pictures and graphics shall not conflict with labelling requirements and shall not be deceptive.
5. Labels shall not be written in an unofficial language.
6. The name of the food on the label shall not be generic.
7. Do not include unverified health claims.




**Do's**

1. Declare the specific name of the food on the label, indicating the true nature of the food; this may be as provided in the applicable product standard.
2. Declare the List of Ingredients and their relative quantities in descending order of ingoing weight (m/m) at the time of the food manufacture.
3. Declare the Net Contents in metric units in accordance with the Weights and Measures Act,
4. Declare the name, physical address and contact details of the manufacturer of the food including those of the distributor/ importer/packer where applicable.
5. Declare the country of origin.
6. Indicate lot identification on each food container permanently marked in code to identify the producing factory and production batch details.
7. Declare the date of manufacture, and date of minimum durability (either best before or expiry).
8. Declare the storage instructions of the product.
9. Declare the instructions for use to ensure correct utilization of the product.
10. Standards related statements shall be clear, prominent, indelible and readily legible.
11. Use the English language or any other official language used in the importing country.
12. Declare known allergens.
13. Small units, where the largest surface area is less than $10cm^2$, may be exempted from providing list of ingredients, lot identification, date marking and instructions for use.