

Calaamadayna cuntada ee Goobaha Cuntada Tafaariiqda ah

Food Labeling for Retail Food Establishments

SHURUUDAHA CALAAMADAYNTA

LABEL REQUIREMENTS

Somali

Cuntada baakada ku jirta waa in la calaamadeeyaa. Cuntada ayaa baakad la gashaa haddii xaruntu geliso cuntada dhalooyinka, qasacyada, kartoonnada, duubabka ama bacaha ayna u diyaariso in dadku iskood u adeegtaan.

Calaamada ku dhagan baakada cuntada ayaa u sheegaysa macaamiisha waxa dhabta ah ee ku jira gudaha baakada. Xogta calaamada bakaada cuntada waa in lagu qoraa Ingiriis. Waxaa jira shan qaybood oo calaamadaynta cuntada ah:

- Magaca (magaca cuntada)
- Wadarta guud ee waxyaabaha ku jira cuntada
- Liiska maadooyinka cuntada, ayna ku jiraan waxyaabaha keena xasaasiyadaha wayn ee cuntada
- Magaca iyo ciwaanka ganacsiga
- Xaqiiqooyinka nafaqada

Wajahada hore ee baakada cuntada

Wajahada hore ee baakada cuntada (PDP) waa qaybta hore ee baakada oo uu si fudud u arki karo macmiilku markuu iibsanaayo. Ku qor magaca iyo wadarta guud ee waxyaabaha ku jira cuntada qaybta PDP.

English

Packaged food must be labeled. Food is packaged if the food establishment bottles, cans, cartons, wraps or bags the product and makes it available for self-service.

The label on a food package tells consumers exactly what is inside the package. Food package label information must be written in English. There are five parts of a food label:

- Identity (name of food)
- Net quantity of contents
- Ingredient list, including major food allergens
- Business name and address
- Nutrition facts

Principal display panel

The principal display panel (PDP) is the front of the package and is easily seen by the consumer at the time of purchase. Include the identity and the net quantity of contents on the PDP.

Aqoonsiga

Aqoonsiga waa magaca guud ama runta ah ee cuntada. Inaad magaca astaanta ku qorto qasab maaha.

- Adeegso magac aan marin habaabin ahayn.
- Adeegso far waawayn, oo khad culus.
- Ku qor magaca bartamaha calaamada.

Wadarta guud ee waxyaabaha ku jira cuntada

Wadarta guud ee waxyaabaha ku jira cuntada ayaa ah cadadka ugu yar ee cuntada ku jirta baakada, marka laga reebo miisaanka baakada iyo agabka baakada.

- U qor wadarta guud ee waxyaabaha ku jira cuntada oo ah miisaanka (cuntooyinka adkaha ama qayb ahaan adkaha ah), xajmiga (dareerayaasha), ama tirada (xiliyo kooban). Tusaalooyinka: NET WT 12 OZ; 64 FL OZ; 6 XABO.
- Ku qor meel wax yar ka koraysa salka baakada PDP adoon xog kale u dhawaynayn ama ka hoos marinayn.
- U adeegso miisaan calaamadaha hilibka, kaluunka, iyo kalluun qolfeedka (Xeerarka Minnesota, qaybaha 1545.0290).

Wixii xog dheeraad ah oo ku saabsan cuntada lagu iibsho miisaanka ama tirsiga ka fiiri [Tusmada Dukaannada ee Miisaanka iyo Cabirka \(Grocers Guide to Weights and Measures\) \(PDF\)](#).

Qaybta xogta

Qaybta xogta ayaa caadiyan ku qoran qaybta midig ee PDP. Ku dar liiska maadooyinka, magaca iyo ciwaanka ganacsiga, iyo xaqiiqooyinka nafaqada qaybta xogta.

Identity

The identity is the truthful common or usual name of the product. Providing a brand name is voluntary.

- Use a name that is not misleading.
- Use large, bold type.
- Print the name in the middle of the label.

Net quantity of contents

The net quantity of contents is the minimum amount of food contained within a package, not including the weight of the package and packing material.

- Print the net quantity of contents as weight (for solids or semi-solids), volume (for liquids), or count (in limited situations). Examples: NET WT 12 OZ; 64 FL OZ; 6 COUNT.
- Place in the lower third of the PDP with no other information next to or below.
- Use weight for meat, fish, and shellfish labels (Minnesota Rules, part 1545.0290).

For more information about food sold by weight or count refer to the [Grocers Guide to Weights and Measures \(PDF\)](#).

Information panel

The information panel is usually found to the right of the PDP. Include the ingredient list, business name and address, and nutrition facts on the information panel.

Liiska maadooyinka

Ku qor dhammaan maadooyinka magacooda guud ama caanka ah.

- Ku qor dhammaan maadooyinka qaab kala hooseeya (kan ugu badan ilaa kan ugu yar) adoo ka raacaaya miisaanka. Haddii ay ka yar tahay 2% miisaan ahaan, maado ayaa lagu xusi karaa salka liiska, ayadoo lagu qoraayo “waxaa ku jira 2% ama ka yar oo ____.”
- Kudar dhammaan maadooyin darafeedka Tusaale: Bur (burka khamadiga la cadeeyay, burka malt barleey, bur, niacin, feero, potassium thiamine, riboflavin).
- Kudar kiimikooyinka jeermiska dila iyo midabyada cuntada oo qaab kala hooseeya ah (kan ugu badan ilaa kan ugu yar) miisaan ahaan.

Xasaasiyadaha Wayn ee Cuntada

Calaamadaynta xasaasiyad dhaliyaasha ayaa laga doonayaa cuntooyinka baakadaysan ee ay ku jiraan mid uun kamid ah xasaasiyadaha wayn ee cuntada: caanaha, ukunta, kaluunka, kalluun qolfeedka crustacean, miraha geedaha, lawska, khamadiga, sooyda, iyo sisinta.

Ku aqoonso magac ahaan xasaasiyad kiciye kasta oo cunto oo ku jira cuntada asagoo qayb ka ah liiska maadooyinka. Liisnaan waa inay ku jirtaa barootiinka lagasoo qaatay xasaasiyadaha wayn ee cuntada. Adeegso mid kamid ah dookhyada soo socda:

1. Qor magaca guud ama caanka ah ee isha cuntada, kadibna raaci magaca xasaasiyad curiyaha ood gelinayso labo qaws dhexdood. Tusaale: burka (khamadiga), whey (caanaha).

AMA

Ingredient list

List all ingredients by their common or usual name.

- List all ingredients in descending order (most to least) by weight. If less than 2% by weight, an ingredient can be mentioned at the end of the list, stating "contains 2% or less of ____."
- Include all sub-ingredients. Example: Flour (bleached wheat flour, malt barley, flour, niacin, iron, potassium thiamine, riboflavin).
- Include chemical preservatives and food coloring in descending order (most to least) by weight.

Major food allergens

Allergen labeling is required for packaged food products that contain any of the major food allergens: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, and sesame.

Identify by name any major food allergens in the product as part of the ingredient list. This must include protein derived from a major food allergen. Use one of the following options:

1. List the common or usual name of the food source, followed by the name of the allergen in parentheses. Example: flour (wheat), whey (milk).

OR

2. After the ingredient list, place the word "Contains:" followed by the food allergen. Example: Contains: wheat, milk.

2. Kadib markaad qorto maadada, ku dar erayga “Waxaa ku jira” adoo raacinaaya xasaasiyad curiyaha cuntada. Tusaale: Waxaa ku jira: khamadi, caano.

Miraha geedka, sheeg nooca gaarka ah ee miraha. Waxaa ku jira: yicib, qunbe, pecans. Markay yihiin kaluun ama kalluun qolfeedka crustacean, sheeg noocyada noolayaasha. Waxaa ku jira: walleye, haar, aargoosatada.

Magaca iyo ciwaanka ganacsiga

Qor magaca ganacsiga, magaalada, gobalka, koodhka aaga ee shirkada cuntada samaysay, baakadaysay, ama qaybisay. Haddii aan ganacsigu ku qornayn tasmada taleefanka ee hadda magaalada u qoran, kudar ciwaanka wadada.

Haddii magaca la baxshay uusan ahayn kii shirkada soo saartay ee dhabta ah, sidoo kale sheeg xariirka xarunta kala dhexeeya cuntada. Tusaalooyinka: “Waxaa loo sameeyay” ama “Waxaa qaybiyay.”

Xaqiiqooyinka nafaqada

Liiska xaqiiqooyinka nafaqada ayaa mararka qaar qasab ah. Cuntooyinka baakadaysan ee aysan ku jirin qayb nafaqo ah ama caafimaad ayaa laga reebi karaa sabab la xariirta:

- Xajmiga ganacsiga.
- Sida cuntada loo iibsho, loo baxsho looguna sameeyo iibka.
- Cadad yar oo nafaqo ah, sida cunto dhaqameedka, shaaxa ama kafeega.

Liiska xaqiiqooyinka nafaqada waxaa ku jira xog ku saabsan xajmiga la baxsho, koloriyada iyo nafaqooyinka guud ee cuntada. Hadday qasab tahay, ku dhaji liiska nafaqada dusha sare ee liiska xogta.

Wixii xog dheeraad ah oo ku saabsan shardi dhaafyada ka eeg [Tasmada Shardi Dhaafka](#)

For tree nuts, declare the specific type of nut. Examples: almonds, coconut, pecans. For fish or crustacean shellfish, declare the species. Examples: walleye, shrimp, lobster.

Business name and address

Print the business name, city, state, and ZIP code of the manufacturer, packer, or distributor. If the business is not listed in the current telephone guide for the city, include the street address.

If the name given is not the actual manufacturer, also state the establishment’s relation to the product. Examples: “Manufactured for” or “Distributed by.”

Nutrition facts

A nutrition facts panel is sometimes required. Packaged foods that do not have a nutrient content claim or health claim may be exempt due to:

- Size of the business.
- How food is sold, served or offered for sale.
- Insignificant amount of nutrients, such as in spices, tea or coffee.

The nutrition facts panel includes information about the serving size, calories and key nutrients of the food. If required, place the nutrition facts panel at the top of the information panel.

[Calaamadaynta Nafaqada Ganacsiyada Yaryar \(Small Business Nutrition Labeling Exemption Guidance\).](#)

Sheegashooyinka maadooyinka nafaqada iyo caafimaadka

Marka aad samaynayso sheegashada in nafaqo ama caafimaad laga helo cuntada, ku dar xaqiiqooyinka nafaqada liiska xogta.

- Sheegashooyinka maadada nafaqada ayaa muujinaaya qiimaha nafaqada ku jirta cuntada. Tusaalooyinka: “dufan yar,” “waxaa ku badan branka boorashka,” ama “waxaa ku jira 100 kolori.”
- Sheegashada caafimaadka cuntada ayaa qeexaaya xariirka u dhexeeya maadada cuntada iyo cudur ama xaalad caafimaadka qusaysa. Tusaalayaasha: magaca astaanta ayna ku jiraan erayga sida “caafimaad leh,” ama astaanta qalbiga.

Shuruudaha dheeraadka ah

Xaashidaan xaqiiqadu waxay sheegaysaa keliya xogta kooban ee shuruudaha qaar ee federaalka iyo gobalka ee calaamadaynta xarumaha tafaariiqda cuntada. Qaar kamid ah qaybaha calaamadaynta oo dheeraad ah ee cuntada tafaariiqda ah waxaa ku jiri kara:

- Sheegista inaysan cuntada ku jirin gluten (Gluten-free claim)
- Taariikhda xaqiijinta tayada oo macno leh
- Calaamada wadanka asalka cuntadu ka timid (Country of origin labeling) (COOL)
- Tilmaamaha maamulida iskaa ah
- Heerka iyo xajmiga

For more information about exemptions refer to the [Small Business Nutrition Labeling Exemption Guidance](#).

Nutrient content claims and health claims

When making a nutrient content claim or health claim, include nutrition facts in the information panel.

- Nutrient content claims indicate the nutritional value of the food. Examples: "low fat," "high in oat bran," or "contains 100 calories."
- Health claims describe the relationship between a food component and a disease or health-related condition. Examples: a brand name including a term such as "healthy," or a heart symbol.

Additional requirements

This fact sheet provides only a brief summary of some federal and state labeling requirements for retail establishments. Some additional label components for retail establishments could include:

- Gluten-free claim
- Meaningful quality assurance date
- Country of origin labeling (COOL)
- Safe handling instructions
- Grade and size

Macluumaadka (Resources)

[Minnesota Department of Health Food Business Safety
\(www.health.state.mn.us/foodbizsafety\)](http://www.health.state.mn.us/foodbizsafety)

[Small Business Nutrition Labeling Exemption Guidance
\(www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Labeling
Nutrition/ucm053857.htm\)](http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm053857.htm)

[Grocers Guide to Weights and Measures \(PDF\) \(mn.gov/commerce-stat/pdfs/grocers-
manual.pdf\)](http://mn.gov/commerce-stat/pdfs/grocers-manual.pdf)

[A Food Labeling Guide \(FDA\) \(www.fda.gov/regulatory-information/search-fda-guidance-
documents/guidance-industry-food-labeling-guide\)](http://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide)

[Guidance for Industry: Gluten-Free Labeling of Foods; Small Entity Compliance Guide
\(www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/ucm40254
9.htm\)](http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/ucm402549.htm)

[Food Allergen Training for Food Service Employees
\(https://learning.umn.edu/search/publicCourseSearchDetails.do?method=load&courseId=1920
057&courseTitle=serve-it-up-safely-online-food-allergen-training-for-food-service-employees\)](https://learning.umn.edu/search/publicCourseSearchDetails.do?method=load&courseId=1920057&courseTitle=serve-it-up-safely-online-food-allergen-training-for-food-service-employees)

[Country of Origin Labeling \(www.ams.usda.gov/AMSV1.0/cool\)](http://www.ams.usda.gov/AMSV1.0/cool)

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JANAAYO 2023

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JANUARY 2023

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