

Plain English Allergen Labelling (PEAL)

Ashbury



A Summary

All foods supplied for sale in Australia and New Zealand must now comply with the Australia New Zealand Food Standards Code (ANZFS) 2024 amendment called 'Plain English Allergen Labelling' or PEAL, Prescribing the location, format and terminology of allergen declarations. See [ANZFS Std 1.2.3](#) and [Schedule 9](#).



References and Links

- Food supplied for sale BEFORE 24th February 2024 with existing declarations can be legally sold until 24th February 2026.
- PEAL requirements specify the format, location and terminology to be used when declaring allergens in the Statement of Ingredients and Summary Statement.
- The allergen declarations in the Statement of Ingredients must be the 'required names', in bold font that contrasts distinctly with all other text and size of type no less than that of the other text. Allergens in processing aids must be declared at end of ingredients.
- The Summary Statement must be in bold font (including the 'contains') and contrast distinctly with other text in Statement of Ingredients and contain no other words or allergens not required for Australia (e.g. 'and' or 'celery'). The size of type and font must be the same for declarations in Statement of Ingredients and Summary Statement. The Summary Statement can be to either side, above or below the Statement of Ingredients - i.e. directly next to and distinctly separate from.
- Only 'required names', as per [Schedule 9](#), can be used in Statement of Ingredients and Summary Statement. Some 'required names' differ between Statement of Ingredients and the Summary Statement. For example, Gluten is included in the summary statement but not in the Statement of Ingredients when declaring a gluten-containing cereal such as wheat. Required names are acceptable in either plural or singular format.

- Terminology for allergens have changed for some, but there are no new allergens to declare. Previously, 'tree nuts' could be used to declare the presence of any tree nut. This is no longer acceptable in Statement of Ingredients and Summary Statement. Each nut name must be used then the tree nut is one of the nine included for declaration: almond, Brazil nut, cashew, hazelnut, macadamia, pecan, pine nut, pistachio and walnut.
- There are also changes to soybean, cereals containing gluten and molluscs which have been added as a required name for declaration.
- Two specific categories - Foods for Special Medicinal Purposes and Infant Formula for Special Dietary Use - are expressly exempt from PEAL. Labels on these product categories continue to declare allergens with existing declarations.
- The pre-PEAL allergen labelling exemptions for specific substances where processing renders these substances safer for people with allergies have not changed. Where the conditions in the regulations are met, the substances continue to be exempt from declarations (see: [Schedule 9-3 table, column 2](#)).
- PEAL does not apply to Precautionary Allergen Labelling statements (PAL) e.g. MAY CONTAIN PEANUTS
- [Federal Register of Legislation - Australia New Zealand Food Standards Code - Standard 1.2.3 - Information requirements - warning statements, advisory statements and declarations](#)
- [Federal Register of Legislation - Australia New Zealand Food Standards Code - Schedule 9 - Mandatory advisory statements](#)

Get in Touch

The resources required to adapt to regulatory changes can cause unnecessary pressure for already busy technical teams. Ashbury experts can offer flexible support to help you tackle the additional work that PEAL regulations are creating for your business.

If you need any further information or assistance with PEAL, get in touch with our team today on:

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