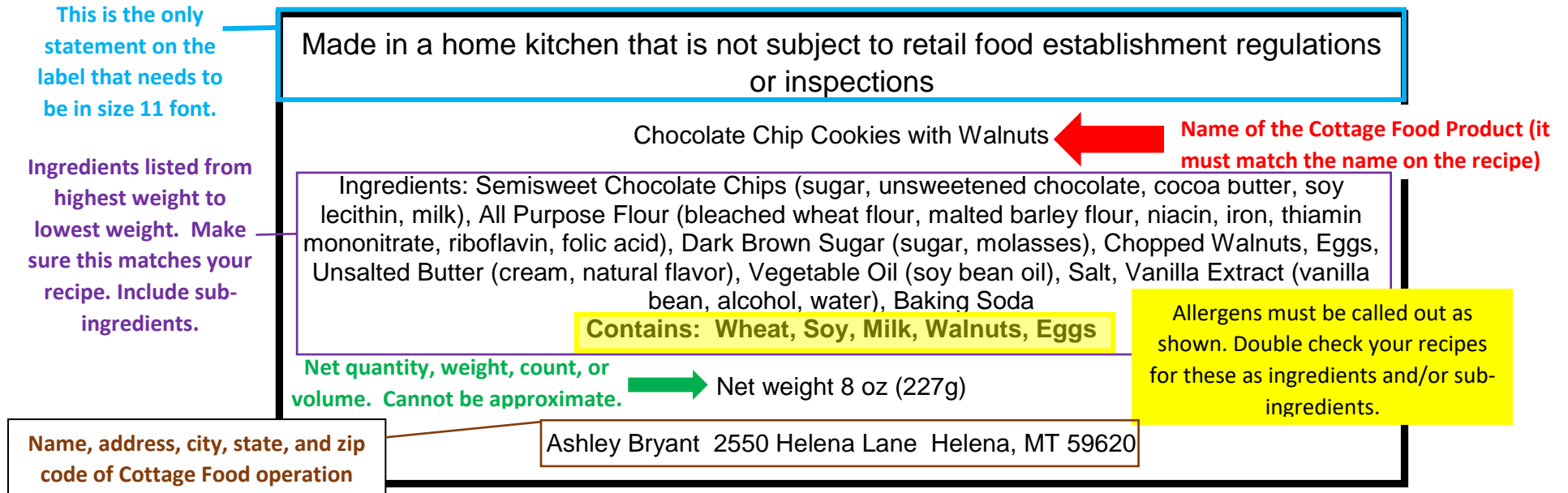


Farmers' Market and Cottage Food Labels

You may add more than what's listed on this label, but each section on this example is required. Do not put health claims on your labels.



The 8 most common allergens (required to be indicated on the label):

- Milk: Includes cream, caseinate, curds, lactate, lactose, whey, etc.
- Wheat
- Eggs
- Peanuts
- Tree nuts: Includes almonds, pecans, hazelnuts, walnuts, beech nuts, chestnuts, macadamia nuts, brazil nuts, cashews, coconut, hickory nuts, pistachios, and pine nuts.
- Soy: Includes soybeans, soy milk, soy lecithin (often found in sub-ingredients)
- Fish
- Shellfish