



NATIONAL  
COMPLIANCE &  
REGULATORY  
AUTHORITY

Health. Safety. Fairness in Trade.

# CHECK

# FOOD LABELS

# BEFORE YOU BUY

The label is an important part of the package; the information provided is to guide you in making choices.

# The labels on the food package **MUST** have:

- The specific name/nature of the food
- List of ingredients (including those which may irritate allergies, such as cereals including glutens, eggs, fish, milk, nuts, shell foods among others)
- Food additives
- Net content/drained weight
- Name and address of manufacturer, packer or distributor
- Country of origin
- Batch number (lot identification)
- Date of manufacture and or Expiry date\*
- Storage instructions
- Instructions for use
- Information in English

*\*Expiry dates are not always required on some packages.*

## **Kingston**

19 Hope Road  
Kingston 10  
Jamaica  
Tel.: (876) 618-1534 / (876) 632-4275  
Fax: (876) 929-4736  
info@ncra.org.jm

## **Ocho Rios**

Suite 3D WG Walters Building  
2nd Floor, Building 3  
103 Main Street  
Ocho Rios, St. Ann  
Tel./Fax: (876) 795-1965  
ochorios@ncra.org.jm

## **Mandeville**

Shop 40, Caledonia Annex Plaza  
7½ Caledonia Road  
Mandeville  
Manchester  
Tel./Fax: (876) 962-7102  
mandeville@ncra.org.jm

## **Savanna La Mar**

Shop 15, Westland Plaza  
62 Great George Street  
Savanna La Mar P.O.  
Westmoreland  
Tel./Fax: (876) 918-1653  
savlamar@ncra.org.jm

## **Montego Bay**

1st Floor The AGI Building  
30-34 Market Street  
Montego Bay  
St. James  
Tel./Fax: (876) 952-7119  
mobay@ncra.org.jm

[www.ncra.org.jm](http://www.ncra.org.jm)

do remember... **Read your labels** before you buy