

# FOOD LABELLING, INC. FIC

## COURSE DESCRIPTION & SUITABILITY:

This course is suitable for food business owners or employees who work in the area of NPD, Technical or Regulatory. It is also suitable Participants will be given an overview of current labelling legislation, including the most recent FIC (Food Information to Consumer) updates. They will learn how to apply this knowledge to signing off label artwork and also gain valuable insight into Working with printers and designers.

## AWARD:

This course does not include certification but is intended as a practical workshop for those working in the area of food labelling and who have responsibility for performing label checks or artwork sign offs.

## ENTRY REQUIREMENT TO COURSE:

Entrants should have relevant work experience in the food industry or a third level qualification in the area of food science / culinary arts / food manufacturing or similar.

**Course Content Please see attached page**



Typical values (cooked as per instructions)			
	per 100g	per 1/4 pack	% adult GI
Energy, kJ	1007	2014	
Energy, kcal	241	482	
Protein	8.4g	16.8g	24.1%
Carbohydrate	20.6g	41.2g	37.3%
of which sugars	1.8g	3.6g	4.0%
of which starch	18.8g	37.6g	
Fat	13.7g	27.4g	39.1%
of which saturates	5.7g	11.4g	57.0%
mono-unsaturates	5.9g	11.8g	
polyunsaturates	1.5g	3.0g	
Fibre	0.9g	1.8g	
Salt	0.50g	1.00g	
of which sodium	0.20g	0.40g	

GDA's = Adult Guideline Daily Allowance  
female, GDA's are given as a percentage of the GDA's for males  
pending on...

*ACDC is not required under Section 43, the Qualifications Act (1999) to have protection for learner arrangements in place*



## NORTH EAST FOOD HUB

helping food business grow

COST OF COURSE:

€160

DURATION OF COURSE:

1/2 day - 9am - 1pm

TO BOOK YOUR  
PLACE PLEASE  
CONTACT US

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Business Park, Hale Street,  
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