



A Guide to Labels and Adhesives in the Food Service Industry





About Fildes Food Safety

Fildes Food Safety is Australia's leading provider of food safety solutions.

Our comprehensive range of food labelling, temperature control and monitoring, food storage, cross contamination and employee safety solutions enable commercial kitchens to effortlessly meet their requirements under HACCP food management programs. With a focused commitment to quality, customer service and innovation, Fildes Food Safety has built an enviable reputation for reliability and is the preferred supplier of many well-known restaurants, hotels, fast food establishments, healthcare facilities and care homes. Established for over 25 years as a family-owned business, Fildes Food Safety operates modern manufacturing facilities in Melbourne, Australia.



Labelling and Rotation

Labelling food consistently and correctly ensures that you are serving the freshest and safest food, as well as reducing costly waste. We stock a large range of labels with a variety of adhesives, which can be incorporated into your food safety plan.



Preventing Cross-Contamination

The Fildes Food Safety range encompasses designated equipment such as colour-coded boards and utensils, that allows for separation of different foods. Protective wear such as gloves, when changed regularly, can further reduce the threat of cross-contamination.



Temperature Control and Monitoring

Regular disciplined temperature measuring must occur at every stage of the cooking, cooling, holding, and reheating process. We have an extensive range of thermometers and dataloggers to support this.



Food Holding Solutions

We offer practical storage solutions, as well as insulated options that maintain the temperature of items that require transportation or holding. Portion bags and pan liners can also save you money by reducing wastage, labour, and energy costs.



Workplace Safety and Education

A comprehensive workplace safety program is essential to any food service operation. Fildes Food Safety offers a wide range of safety equipment to support your efforts, as well as safety and training posters to remind staff of their responsibilities.



Cleaning and Sanitation

We offer commercial cleaning chemicals that can cut through the toughest grease, dirt and stains, colour coded cleaning equipment, as well as a range of commercial health and safety and washroom products.



A Guide to Labels and Adhesives in the Food Service Industry

Food labelling procedures in restaurants, commercial kitchens and food manufacturing facilities are essential for the development of safe food handling practices. This guide has been specifically designed to educate readers about the various food labels available, how they support food management programs, and which uses they are best suited to.

First In, First Out (FIFO) – Where Food Safety Begins

Labelling is critical for the safety of foods, and ensuring food safety is critical to protecting your brand. When preparing food for storage or receiving food deliveries it is essential clear and informative labels are applied to containers and packaging. Labels like Use First, Shelf Life or Day of the Week help staff to easily identify which should be used first to minimise wastage and prevent illness caused by serving degraded or contaminated food. As ingredients or prepared foods are stored, they need to be rotated so the dates with the closest use-by are readily seen by staff who then know which to use first.

Colour-coding is an essential element of this. Staff quickly learn to identify what the various colours mean and the required action that must be taken. This assists with the efficient movement of food through the kitchen and reduces wastage. In some cases, it may be necessary for staff to clearly write required information on labels.



Allergy and Intolerance Labelling

Allergic reactions and intolerances to food are, at best, uncomfortable. At their worst, they are deadly. Safeguarding patrons' health is the primary responsibility of all food serving establishments and correctly labelling foods containing commonly known allergens is the best way to protect your diners and yourself. The most common food allergies include peanuts, tree nuts (such as walnuts and pecans), fish, shellfish, eggs, milk protein, bee products, soy, corn and wheat.



Dietary Requirements

In order for you to stay relevant to your customers, you need to be aware of what people are looking for when they choose to eat out. Customers these days are typically educated, conscious and interested in what they are eating. Various common dietary requirements can also be quickly and accurately addressed by applying the correct labels. This helps maintain efficiencies in the kitchen while ensuring customer satisfaction. Some common diet preferences that may warrant labelling include Vegetarian, Vegan, Organic and Sustainably Sourced.



Special Requirements

Certain sections of the community have particular vulnerabilities which must be catered for. Of particular concern are elderly people and children. There are accepted levels of fluid thickness that need to be accurately labelled to assist with swallowing and many other considerations as depicted in the images.



The IDDSI Framework

The IDDSI Framework is specifically designed to aid healthcare workers to identify food and beverage consistencies that are best suited for patients with dysphagia, with ease. Medically speaking, dysphagia is a condition wherein a person may find it difficult to swallow certain foods and beverages of varying consistencies, due to an obstruction or muscular condition, putting them in danger of choking on their food.

Therefore, the IDDSI developed a system where healthcare workers are able to readily identify different food and beverage consistencies based on colour-coded food labels with terminology approved by the IDDSI. Combining consistent label usage with professional training at a high standard, these labels – which range from Regular Foods to Thin Drinks – will help in avoiding the incorrect serving of patient food. Understanding that, when read in order, the transition area from food to drink ranges from Pureed to Moderately Thick, is very important for the quality care of patients.



Aged Care Advisory Labels





The Importance of Choosing the Right Label Adhesive

Implementing a labelling system that supports a food safety program, improves efficiencies and reduces food wastage, is only half of the challenge in a modern commercial kitchen. The nature of the adhesive that bonds the label to the substrate is a key component that is often overlooked. Taking this into consideration prior to purchasing labels will save time and money while also ensuring clear and concise information is always visible.

Essentially, food labels come in four different adhesive types:

1. Removable
2. Permanent
3. Durable
4. Dissolvable

Removable Labels

Removable labels are suited to a variety of uses in professional kitchens and are easy to apply and remove. When using them on washable containers, it is best to remove them prior to washing to avoid a lingering sticky residue. They are designed to be single use and provide relevant information in written form, via colour-coding or a combination of these for immediate recognition.

Commonly, they are used to manage or advise on:

- Shelf-life and use by dates
- Name of personnel who handled the food
- Safe food preparation and consumption details
- Freezing and defrosting details
- The known presence of specific allergens such as nuts, dairy, eggs, fish, shellfish etc.
- The potential presence of specific allergens as in “This product may contain...”
- Dietary requirements such as vegan, vegetarian, celiac etc.

Easy to remove	Safe for Freezer	Moisturise Resistant	Minimum Application Temperature	Working Temperature Range
✓✓	✓✓	✓	- 12°C	-12°C to 71°C



WED	
ITEM	TIME <input type="checkbox"/> AM <input type="checkbox"/> PM
DATE	NAME

Permanent Labels

Permanent labels rely on an aggressive adhesive to form a high initial bond which increases to prevent removal. They must be applied to dry surfaces which may later become wet or frozen and are ideally suited to packaging which is to be discarded.

Commonly, they are used to manage or advise on:

- Stock as it is delivered in boxes, plastic or glass bottles, plastic containers, paper or plastic bags
- Kitchen containers with a designated long-term purpose
- All advisory factors outlined in the Removable Label section

Easy to remove	Safe for Freezer	Moisturise Resistant	Minimum Application Temperature	Working Temperature Range
	✓✓✓	✓	- 3°C	- 53°C to 71°C



ITEM _____	
PREP DATE _____	TIME _____ <input type="checkbox"/> AM <input type="checkbox"/> PM
PLACE DAYDOT HERE	USE BY _____
	EMPLOYEE _____

Durable Labels

Durable labels are ideal for use in freezers on reusable containers which hold prepared frozen foods such as ice-cream. They are waterproof once applied and may be easily removed after washing. Their tough, durable material means they will not tear so come off as a whole. These labels are suited to various substrates including glass, plastic, metal and cardboard.

Easy to remove	Safe for Freezer	Moisturise Resistant	Minimum Application Temperature	Working Temperature Range
✓✓✓	✓✓✓	✓✓✓	- 5°C	-30°C to 60°C



TUESDAY	ITEM _____	
	PREP DATE _____	TIME _____ <input type="checkbox"/> AM <input type="checkbox"/> PM
	PLACE DAYDOT HERE	USE BY _____
		EMPLOYEE _____



Dissolvable Labels

Dissolvable labels are a scientific breakthrough. Biodegradable and thus harmless to the environment, they simply breakdown once immersed in water and turn into tiny particles which are easily washed away. These particles are so small they will not cause blockages in plumbing. Dissolvable labels are soluble in water at any temperature, and leave no sticky residue on containers. They are not suitable for use in freezers.

Dissolvable labels are more expensive than other labelling solutions. They also come with added advantages:

- **Save time.** Once the labelled container is empty, simply place it in the dishwasher or sink with the label attached.
- **Ensure cleanliness.** Since they wash away during washing, you know containers without labels have been washed and are ready for re-use.
- **Complete removal of label.** Dissolvable labels vanish without a trace.
- **Accurate information.** Since they leave no trace, staff are confident the label on the container provides accurate information for the food within.

Easy to remove	Safe for Freezer	Moisturise Resistant	Minimum Application Temperature	Working Temperature Range
✓✓✓			- 1°C	- 40°C to 80°C



MON	ITEM: _____	QTY: _____
	EMP: _____	<input type="checkbox"/> AM <input type="checkbox"/> PM
	DATE: _____	<input type="checkbox"/> AM <input type="checkbox"/> PM
	USE BY: _____	

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Chosen the Wrong Label in the Past?

Residue from old or inferior labels can harbour dangerous bacteria - a serious consideration when stacking containers. Take some time to evaluate your operations and determine which adhesive would best suit your practices. By eliminating the time spent scrubbing labels and adhesives off containers, the right label purchase can also make a significant reduction in labor costs.

There are various methods to remove label residue including using oils, baking soda, soaking in warm water, applying heat or using a scouring pad or sharp edge. Harsh chemicals commonly used to remove adhesive, such as WD-40 and nail polish remover, are not safe for food prep areas. You can also use products such as *Ambersil Label and Adhesive Remover* which is suitable for removing self adhesive labels from most surfaces. It is food processing safe, and will help to clean up your steam pans and storage containers.

Conclusion

Safe food handling practices begin with accurate labelling procedures. As a minimum, commercial kitchen managers and chefs must protect patrons against food borne illnesses by rotating stock correctly and eliminating the chance of allergens being ingested. Labelling stock as it arrives, when it is prepared and when it is stored will help to protect your customers and assist you to run a professional food service enterprise.



Fildes Food Safety stock a large range of labels in a variety of adhesives which can be incorporated into your food safety plan. If you have a specific requirement for your operation, we can easily custom print labels to suit your specific requirements.

Contact Us

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