

CERTIFIED GLOBAL FOOD

LABELING SPECIALIST (CGLS)



Premium 1-on-1 Instructor Program

Format: 5 sessions live + assignments + label review + compliance project

Duration: 8–12 hours total contact time

Audience: QA managers, regulatory officers, brand owners, food technologists, consultants

MODULE 1 - GLOBAL LABELING FOUNDATIONS

1.1 Purpose of Food Labeling in Public Health & Trade

Why labeling is regulated

Consumer protection and transparency

How labeling impacts recalls, liability & market access

1.2 Overview of Global Labeling Frameworks

EU: Regulation 1169/2011 + national QUID rules

UK: Post-Brexit UK FIC changes

USA: FDA NLEA, FSMA, Nutrition Facts regulations (21 CFR 101)

Canada: CFIA Industry Labelling Tool + SFCR

Australia/New Zealand: FSANZ Food Standards Code (1.2 series)

Fundamentals of enforcement systems and compliance risk

1.3 Mandatory vs Voluntary Information

Legal minimums

Optional claims & marketing statements

Region-specific differences

General rules on legibility, label placement, and minimum font size requirements across jurisdictions

MODULE 2 - MANDATORY LABEL ELEMENTS (DEEP DIVE)

2.1 Legal Name of the Food + Naming Restrictions

Standardized foods (USA)

Reserved descriptors (EU/UK)

Common name vs customary name

Prohibited or misleading names

2.2 Ingredient Lists & QUID Rules

Order of predominance (global)

QUID % requirements (EU, UK)

Sub-ingredients & compound ingredients

Processing aids
Declaration rules for additives by functional class and specific name
INS numbers, E-numbers, and international alignment

2.3 Allergen Declaration

EU 14 allergens
USA 9 allergens (FALCPA + FASTER Act)
Canada priority allergens
Australia/NZ allergen formatting (PEAL)
Cross-contamination & precautionary labeling
Allergen changeover and verification considerations

2.4 Net Quantity & Weight/Volume Rules

Metric vs imperial units
Tare weight
Drained weight requirements (EU)
Container size rules and minimum type size for net quantity

2.5 Date Marking Requirements

Use By vs Best Before
USA open dating rules (non-mandatory except infant formula)
Canada durable life
Australia date marking for shelf-stable vs perishable
Scientific basis for shelf-life setting and link with HACCP validation

2.6 Storage Instructions

Temperature ranges
Legislative requirements
FSMS integration
Special storage conditions for safety-related parameters

2.7 Name & Address of Business Operator

EU food business operator (FBO) rules
USA distributor vs packer rules
Export labeling requirements
Contact details for traceability and recalls

2.8 Country of Origin Labeling (COOL)

EU meats
USA mandatory COOL categories
Australia's mandatory origin statements

Canada origin & "Made in" rules
Region-specific presentation rules for origin statements

2.9 Sweeteners, Polyols & Special Declarations

Mandatory statements for sweeteners
Polyol laxative warning (EU)
High-intensity sweetener disclosure rules
Children-specific advisory statements

MODULE 3 - NUTRITION LABELLING ACROSS GLOBAL MARKETS

3.1 When Nutrition Panels Are Mandatory

EU: mandatory unless exemptions
FDA: Nutrition Facts
CFIA nutrition tables
FSANZ nutrition information panel (NIP)
Small package exemptions and special categories

3.2 Nutrition Format Requirements

Layout
Font size rules
Vitamins/minerals
Rounding rules by jurisdiction
% Daily Value differences (EU, US, CA, AUS/NZ)
Calculation basis for energy and nutrients

3.3 Claims (Health, Nutrition, Marketing)

EU: Nutrition & Health Claims Regulation (NHCR)
USA: structure-function vs health claims
Canada: nutrient content claims
FSANZ: nutrition content claims & health claims
Prohibited or restricted claims
Requirements for scientific substantiation and documentation retention

3.4 Nutrition Calculation Rules

Energy conversion factors
Protein, fat, carbohydrate calculation methods
Added sugars vs total sugars definitions
Fibre definitions across markets
Use of laboratory analysis vs theoretical calculations

3.5 Front-of-Pack (FOP) Labelling Systems

EU/France Nutri-Score
UK Multiple Traffic Light
Chile, Mexico and Middle East warning labels
Voluntary vs mandatory frameworks and compliance risks

MODULE 4 - SPECIALIZED LABELING REQUIREMENTS

4.1 Sector-Specific Labeling

Meat, poultry, eggs
Dairy
Dietary supplements
Infant formula
Alcohol (ABV declarations, TTB rules, standard drinks requirements)
Plant-based foods (EU/US naming restrictions)

4.2 Additives, Flavourings, Colourings

INS/E-number system
USA GRAS and additive lists
Canada permitted ingredient tables
Country misalignment issues
Rules for grouping additives by function and technological purpose

4.3 GMO / Bioengineered / GE Labeling

EU mandatory GMO declaration
USA BE disclosure
Australia/NZ genetic modification threshold
Canada voluntary system
Thresholds, exemptions, and documentation requirements

4.4 Irradiated Foods

Disclosure requirements in EU
Radura symbol (US)
Mandatory statements in Canada and ANZ
Ingredients derived from irradiated sources

4.5 Halal, Kosher, Vegan, and Other Certification Labels

Voluntary marks
Certification rules
Fraud risk & liability
Cultural/regional acceptance differences

4.6 Packaging & Food Contact Material (FCM) Requirements

EU FCM regulations
Recycling codes and supplementary symbols
Migration limits and documentation
FDA food contact notifications
ANZ packaging rules related to materials and claims

4.7 Environmental & Sustainability Claims

Carbon-neutral, plastic-neutral, eco-friendly claims
EU Green Claims Directive expectations
UK CMA Green Claims Code
Risk of enforcement for vague or misleading sustainability claims

MODULE 5 - EXPORT MARKET ADAPTATION & MULTILINGUAL LABELING

5.1 Preparing Labels for Export

USA → EU adaptations
EU → USA adaptations
Middle East guidelines
Multi-country labeling strategies
Ingredient name harmonization

5.2 Multilingual Requirements

EU: depending on Member State
Canada bilingual laws
Middle East market languages
FSANZ English-only requirements
Dual-panel layout considerations

5.3 Barcode, GTIN, Traceability Requirements

GS1 systems
Recall-ready labels
Traceability & blockchain integration
Serialisation where required

MODULE 6 - LABEL VERIFICATION, COMPLIANCE SYSTEMS & PROFESSIONAL TOOLS

6.1 Internal Label Review Procedure

- Label review checklist
- Version control
- Linking labels to HACCP & FSMS
- Documenting review decisions and approval workflows

6.2 Software Tools & Automation

- Label creation software
- Nutrient calculation programs
- Allergen and ingredient databases
- AI-assisted label verification tools

6.3 Common Mistakes & How to Avoid Fines

- Region-specific legal traps
- Case studies of recalls caused by label errors
- Enforcement actions by FDA, CFIA, FSANZ, EU
- Import rejection scenarios and border compliance issues

MODULE 7 - FINAL PROJECT: FULL LABEL CREATION & COMPLIANCE AUDIT

7.1 Assignments

- Create a compliant label for a real product
- Prepare region-specific variants (EU, USA, Canada, AUS)

7.2 1-on-1 Live Review Session

- Instructor-led corrections
- Compliance recommendations
- Market-specific adaptations

7.3 Final Assessment

- Exam
- Practical labeling evaluation
- Certificate awarded upon completion