

Spotting Australian Products

Queensland has over 24,000 farming businesses across the state. As many of us are aware, farming can be a rewarding but challenging industry, that has faced a difficult few years, with most of the state suffering from drought. We can all do our bit to support our local farmers, by purchasing local when we can and always buying Australian products when available. It can be tricky to spot Australian products, particularly in larger chain stores, so this month's Nut Ed will give you some tips and tricks for eating locally!

Country of Origin Food Labels

In Australia, country of origin information must be provided for most foods offered for retail sale. While we are lucky that nearly 100% of fresh produce and meat you see is grown, packed, and processed in Australia, that is not always the case for tinned, frozen or processed foods. Labeling on many products can be misleading, with companies able to claim "Made in Australia" if the food was processed here, despite using foreign ingredients. There are three main country of origin labels to look out for:

- Grown in is a claim about where the ingredients come from and is commonly used for fresh food. It can also be used for multi-ingredient products to show where the food was grown and processed.
- Produced in is a claim about where the ingredients come from and where processing has occurred. This claim is often used for processed, as well as fresh foods.
- Made in is a claim about the manufacturing process involved in making the food.

When a food has not been grown, produced or made in a single country, it will need to display a label identifying the country it was packed in.

Look for the Kangaroo

The Australian Competition and Consumer Commission (ACCC) has tried to make it easier and less confusing to find foods grown, packed and processed in Australia. A kangaroo in a triangle logo is an easy way to help you identify that the food is Australian in origin. Below are some examples of different style labels you may encounter when shopping:

<p>A loaf of bread that is labelled 'Made in Australia from at least 80% Australian ingredients' means that the bread was baked in Australia using predominately Australian ingredients.</p>	
<p>A carton of eggs that is labelled 'Grown in Australia' means that the eggs came from Australian-grown chickens.</p>	
<p>A packet of pasta that is labelled 'Product of Australia' means that the pasta was made from scratch in Australia using only Australian ingredients.</p>	
<p>A pack of mixed nuts that is labelled 'Packed in Australia from at least 20% Australian ingredients' means that, at a minimum, 20% of the nuts are Australian grown.</p> <p>Note: This label contains the bar chart but not the kangaroo logo as the food wasn't grown or produced here and the level of processing wouldn't be enough to make a 'made in Australia' claim.</p>	

Table courtesy of the ACCC [The Australian Competition and Consumer Commission]