



Public Information

County of Ventura • Resource Management Agency • Environmental Health
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Menu Labeling: Frequently Asked Questions and Answers

1. What is Menu Labeling?

As part of the Federal Affordable Care Act and California law, menu labeling is intended to provide accurate, clear, and consistent nutrition information, including the calorie content of foods on menus and menu boards so that consumers can make informed choices when ordering food items.

2. Is it required?

The California Health & Safety Code, Section 114094, and the Food and Drug Administration (FDA) regulations require certain chain restaurants and retail food facilities to comply.

3. Who is affected by the Rule?

Restaurants, and similar retail food facilities such as bakeries, cafeterias, coffee stores, delicatessens, food takeout/delivery establishments, concessions at movie theaters, and ice cream shops that are part of a chain of 20 or more locations nationwide doing business under the same name and offering for sale substantially the same menu items are required to meet the menu labeling requirements.

4. How will it be enforced?

The Ventura County Environmental Health Division, as the local enforcement agency, will enforce menu labeling requirements in food facilities in Ventura County during routine inspections of these facilities. The Ventura County Environmental Health Division staff will provide education and guidance to allow for restaurants and other covered food facilities to come into compliance until June 1, 2019. After that date, they will record non-compliance as a minor violation on the Food Inspection Report.

5. What are the requirements?

If your facility meets the definition in item #3, you must provide the following.

- You must show the number of calories contained in each standard menu item listed on the menu or menu board, as usually prepared and offered for sale, on the menu board or menu.
- A succinct statement stating “2,000 calories a day is used for general nutrition advice, but calorie needs vary.”
- A statement regarding the availability of the additional written nutrition information which states, “Additional nutrition information available upon request.” The written statement must include: Total calories (cal), Calories from fat (fat cal), Total fat (g), Saturated fat (g), Trans fat (g), Cholesterol (mg), Sodium (mg), Total carbohydrates (g), Dietary fiber (g), Sugars (g), and Protein (g). Information on how to make these determinations is found in the links below.

6. What food items are exempt?

The labeling requirements of the rule do not apply to foods that are not standard menu items, including:

- Items such as condiments that are for general use, including those placed on the table or on or behind the counter
- Daily specials
- Temporary menu items
- Custom orders
- Food that is part of a market test
- Self-service food

7. Where can I get more information?

- <http://www.restaurantnutrition.com/Menu-Labeling.aspx>
- <https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/ucm583487.htm>
- 1-888-SAFEFOOD (toll free)