

# Good Food logos

## Healthy eating



### 5 A DAY

The 5 A DAY logo on food packaging indicates how many portions of fruit and vegetables a typical serving of the food contains.

This is part of the 5 A DAY campaign.

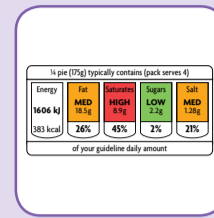
[www.nhs.uk/livewell/5aday](http://www.nhs.uk/livewell/5aday)



### Change4Life

Change4Life is a society-wide movement that aims to prevent people of all ages from becoming overweight by encouraging them to eat better and move more.

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)



### Food Standards Agency (FSA)

The FSA have developed the Traffic Light labelling system, which assigns traffic lights to food products to reflect their nutritional value.

[www.eatwell.gov.uk](http://www.eatwell.gov.uk)

## Sustainability and animal welfare



### Freedom Food

Freedom Food is a UK farm assurance scheme dedicated to livestock welfare standards. All farms approved by Freedom Food are assessed to RSPCA welfare standards.

[www.lookforthehero.co.uk](http://www.lookforthehero.co.uk)



### Marine Stewardship Council (MSC)

The MSC logo indicates that a fish product has been sustainably sourced, and that the fishery has been independently certified as sustainable.

[www.msc.org](http://www.msc.org)



### Fairtrade Foundation

The Fairtrade certification mark ensures that farmers and workers in developing countries have good working conditions and receive a fair price for what they produce.

[www.fairtrade.org.uk](http://www.fairtrade.org.uk)



### Linking Environment and Farming (LEAF)

The LEAF Marque scheme is based on LEAF Farming principles, which aims to produce affordable food whilst protecting and enhancing the environment.

[www.leafuk.org/leafuk](http://www.leafuk.org/leafuk)



### Rainforest Alliance

Rainforest Alliance promotes standards for sustainability that conserve wildlife and habitats, and ensure the well-being of workers and their communities.

[www.rainforest-alliance.org](http://www.rainforest-alliance.org)



### UTZ Certified Good inside

The UTZ certified program provides the assurance of responsible coffee production and sourcing and is now expanding to become a multi-commodity program.

[www.utzcertified.org](http://www.utzcertified.org)

## British produce



### British Lion Eggs

The Lion mark denotes eggs produced to a code of practice incorporating advice from scientists and vets on salmonella contamination. British Lion eggs account for around 85% of UK egg production.

[www.britegg.co.uk](http://www.britegg.co.uk)



### Red Tractor (Assured Food Standards)

The Red Tractor scheme ensures UK farm produce such as meat, poultry and dairy achieve minimum standards for food safety, hygiene, animal welfare and protecting the environment.

[www.redtractor.org.uk](http://www.redtractor.org.uk)



### Quality Pork Standard (BPEX)

The Quality Standard mark for pork sets out very high welfare standards for pig farms in Britain, including the banning of castration and use of sow stalls, which are still permitted in other parts of Europe.

[www.pigsareworthit.co.uk](http://www.pigsareworthit.co.uk)

## Organic



### EU organic farming

The EU organic farming logo ensures compliance with EU organic farming regulations.

[www.ec.europa.eu/agriculture/organic](http://www.ec.europa.eu/agriculture/organic)



### Soil Association

The Soil Association organic symbol ensures that food has been produced to high animal welfare and environmental standards.

[www.soilassociation.org/certification](http://www.soilassociation.org/certification)



### Organic Farmers & Growers

OF&G certification ensures that organic produce meets or exceeds the high standards of the EU and OF&G.

[www.organicfarmers.org.uk](http://www.organicfarmers.org.uk)