

New food labelling laws take effect in Victoria this month

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31 May 2018

As of 1 May 2018, fast food and supermarket chains in Victoria are required to display the kilojoule content of ready-to-eat food and drinks as well as the average adult daily energy intake of 8,700 kilojoules.

The Victorian government passed the *Food Amendment (Kilojoule Labelling Scheme and Other Matters) Act 2017* last year, which will require around 2,500 fast food outlets and more than 550 supermarkets within Victoria to comply with the new labelling requirements.

The change was introduced as a way to help promote healthier eating in light of the fact that the average Australian eats out more than four times a week, where one take-away meal may have over half of an adult's daily kilojoule intake. It is hoped that the new laws will encourage Victorians to compare the kilojoule content of different items and make more informed decisions.

Read the Victorian government's media release [here](#) and the legislation [here](#).

People that can help



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