



Allergen & Label Worksheet

Free from Ardent Workshop

A series of horizontal bars of varying lengths and colors (gray, orange, teal) representing data points.

How to use the worksheet

One product, one sheet. It opens on a worked example — a fictional cookie — so you can see the whole thing working before you touch it. Overwrite the example with your own recipe and the label rewrites itself.

Four steps

- 1 Type your recipe.** One row per ingredient, with the amount the way your recipe writes it — cups, ounces, pounds or grams. Weigh anything you can; cup weights are typical, not yours.
- 2 Write the label name.** The common or usual name that belongs in an ingredient statement — 'Enriched wheat flour', not 'AP flour'. If an ingredient is itself made of things (chocolate chips, peanut butter), copy your supplier's own panel into the parentheses.
- 3 Flag the allergens.** Y or N against each of the nine. Three catch people out: most chocolate chips carry soy lecithin, sesame has been a major allergen since 2023, and coconut stopped being a tree nut for labeling in January 2025.
- 4 Copy the two teal lines.** The ingredient statement and the Contains line are finished text. Paste them into whatever prints your labels.

WHY THE ORDER MATTERS

Labels list ingredients in **descending order of predominance by weight**. Recipes are written in mixing order, in cups. The two rarely agree — a cup of flour is about 120 grams, a cup of granulated sugar about 198 — and that gap is where labels go wrong. The Order column is the sheet doing that arithmetic for you.

What the example produces

Brown Butter Chocolate Chip Cookies

INGREDIENTS: Enriched wheat flour, Butter, Brown sugar, Semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), Eggs, Sugar, Vanilla extract, Salt, Baking soda.

CONTAINS: Milk, Eggs, Wheat, Soy.

NET WT 12 oz (340 g)

Every word of that was computed from the recipe rows, not typed.

What this free sheet does not do

It handles **one product at a time**. It does not share an ingredient master across your whole range, it does not carry your state's published label elements, and it has no batch, lot or recall records — so it cannot answer which of the things I sold had that in it, and who has them now?

The **Cottage Food Compliance Pack** is the full version: thirteen tabs, the label elements for all 50 states and DC each dated and source-linked, ingredient-lot and batch logs, and a recall trace that runs both ways.

Revenue caps and cottage food law are a separate question, and already free — see [Cottage Food Laws by State](#).

A record-keeping and label-drafting template — not legal, regulatory or food-safety advice, and not a determination that any label complies with anything. The example product is fictional. Check your finished label against your own state's guidance before you print a run. Free to use; please don't resell or redistribute. © Ardent Workshop LLC.