

TRAVELLING TO A COUNTRY OUTSIDE THE
EUROPEAN UNION (EU)?



It is **AGAINST THE LAW** to bring back any **MEAT** and **DAIRY** products into the UK from countries outside the EU.

BANS or weight **RESTRICTIONS** also apply to **OTHER FOOD** products.

Illegal products will be **SEIZED** and **DESTROYED** by Customs, you will face **DELAYS**, and you could face **PROSECUTION** or a **FINE**.

WHAT ARE THE RULES?

- If you travel to countries outside the EU, it is against the law to bring back any meat and dairy products into the UK, even for your own personal use.
- Bans or weight restrictions also apply to other food products (see the Chart in this leaflet for more information). The same rules apply to any products sent by post.
- An illegal product is one that is either banned or has been brought back in a weight amount greater than is allowed.
- All travellers may bring in a limited quantity of powdered infant milk, infant food and special foods required for medical reasons for personal use to cover the length of the stay and the number of infants/adults. These products must not require refrigeration before opening and must be in commercially branded packaging, unopened unless in current use.
- Separate rules apply for commercial imports.

Remember: The MAJORITY of these products are AVAILABLE IN THE UK, so there's no need to put yourself or the UK at risk.



WHY DO THE RULES EXIST?

- Diseases like Foot and Mouth Disease and Bird Flu can be brought into the UK via food products (particularly those containing meat or milk). Fruits and vegetables may carry pests that can infect plants and vegetables in the UK. Such diseases can have a devastating effect on rural communities, businesses and the economy as a whole. Some products may also contain residues or contaminants that harm human/public health. Controlling the food that comes into the UK is therefore essential and, in the case of commercial imports, health-checks protect public health.
- All EU countries have the same import controls as the UK.

REMEMBER...

- To check the rules on what food products you **CAN** and **CANNOT** bring back into the UK **BEFORE** you travel.
- All **MEAT** and **MILK BASED PRODUCTS** are **BANNED**.
- Check **BANS** or weight **RESTRICTIONS** on **OTHER FOOD PRODUCTS**.
- Use the Chart in this leaflet to help you.
- The **MAJORITY** of these products are **AVAILABLE IN THE UK**, so there's no need to put yourself or the UK at risk.
- Illegal products will be **SEIZED** and **DESTROYED** by Customs, you will face **DELAYS**, and you could face **PROSECUTION** or a **FINE**.

FOR FURTHER INFORMATION...

If you have read this leaflet and are still not sure about what food products you can or cannot bring back into the UK, please contact **Defra (Department for Environment, Food and Rural Affairs)**:

Website

www.direct.gov.uk/foodimports

Helpline

(from 9am to 5pm, Monday to Friday)
From the UK:

08459 33 55 77 (local rate)

From outside the UK:

+44 (0)20 7238 6951



DON'T BREAK THE LAW
CHECK THE RULES BEFORE YOU TRAVEL
www.direct.gov.uk/foodimports

Use this Chart to help you remember what food products are or are not allowed back into the UK from:

COUNTRIES OUTSIDE THE EU.

TO HELP YOU REMEMBER THE RULES, FOOD PRODUCTS HAVE BEEN DIVIDED INTO CATEGORIES:

BANNED PRODUCTS

All MEAT BASED products are **BANNED**, whether they are **FRESH, DRIED, CURED, COOKED, FROZEN, POWDERED, CANNED** or **VACUUM PACKED**.

MEAT BASED



BANNED PRODUCTS INCLUDE:

- | | | |
|--------------|------------------|---------------------------|
| • Bacon | • Ham | • Pigeon |
| • Beef | • Jerk pork | • Pork |
| • Beef jerky | • Meat paste | • Sausages |
| • Biltong | • Meat pies | • Turkey |
| • Bushmeat | • Meatballs | • Venison |
| • Chicken | • Meatloaf | • Stock cubes |
| • Game | • Mince parathas | containing pieces of meat |
| • Goose | • Meat pate | |

WHY?

Food products containing (1) meat (e.g. beef, lamb, goat, camel meat or pig meat) may carry diseases such as Foot and Mouth Disease and Swine Fevers and (2) poultry meat (e.g. chicken and guinea fowl) may carry diseases such as Bird Flu.

MILK BASED



BANNED PRODUCTS INCLUDE:

- | | |
|---------------------|-----------------------|
| • Butter | • Ghee |
| • Cheese | • Khoya |
| • Concentrated milk | • Milk |
| • Cottage cheese | • Mithai (milk based) |
| • Cream | • Paneer |
| • Curd cheese | • Yoghurt |
| • Dried milk | |

WHY?

Products containing milk/dairy may carry diseases such as Foot and Mouth Disease.

FRUITS AND VEGETABLES



All POTATOES are BANNED.

WHY?

Potatoes may carry pests and diseases which can devastate our environment and agricultural and horticultural industries.

RESTRICTED PRODUCTS

Other **ANIMAL** products are either banned or weight restricted, although the rules vary by country and by product.

Please check the rules on the Defra website or call the Defra helpline for the up-to-date information.

OTHER ANIMAL PRODUCTS



RESTRICTED PRODUCTS INCLUDE:

- | | |
|---|--|
| • Fish/Fish products e.g. Anchovy, Bombay duck, Cod, Crab, Crayfish, Cuttlefish, Fish (cooked other), Fish (cured other), Fish (dried), Fish (other fresh fish), Fish (smoked other), Fish sauce, Haddock, Lobster, Octopus, Prawns, Salmon, Sardine, Shark's fin, Shrimp, Shutki, Sole, Squid, Trout and Tuna | • Eggs |
| | • Egg products/Foods containing egg e.g. Dried egg, Mayonnaise and Omelette |
| | • Honey including products containing honey |
| | • Caviar* |
| | • Frogs' legs** |
| | • Snail meat*** |
| • Bivalves e.g. Abalone, Clams, Cockles, Mussels, Oyster sauce, Oysters, Scallops, Sea cucumbers, Sea squirts, Sea urchins, Whelks and Winkles | |

WHY?

Eggs and egg products/foods containing egg may carry diseases such as Bird Flu. The other products listed may contain residues or contaminants that harm human/public health.

*Only permitted from countries where 1kg of fish is allowed.If you wish to bring back more than 250g of caviar you MUST have the correct CITES (Convention on International Trade in Endangered Species) permits, or all of the product will be seized. For more information, please visit the Defra website or call the Defra helpline.

**The skin/internal organs must be removed. If still attached then you cannot bring them to the UK.

***Shelled, cooked and prepared/preserved meat of edible land snails, including canned snail meat, and snail shells re-filled with snail meat. Live snails, dead snails still in their shells and water snails are not permitted.

FRUITS AND VEGETABLES



Some **FRUITS AND VEGETABLES** have special restrictions. For example, you may only bring in **2kg** in total of these **FRESH** products.

RESTRICTED PRODUCTS INCLUDE:

- Aubergines
- All citrus fruits (including oranges, lemons and limes)

WHY?

These products may carry pests and diseases which can devastate our environment and agricultural and horticultural industries, although the risk they pose, whilst still of concern, is less significant than from potatoes. The restriction to 2kg is the amount reasonably allowed for your own personal use.