

Declaring your items

It is important that you declare any food products that you are bringing in from outside the EU.

If you are unsure about any of the food products you are bringing in, speak to a Customs Officer in the red channel or on the red point phone. If you declare any banned or restricted food items to us, we will take these away and destroy them and no further action will be taken. If you are bringing in more than you are allowed, we will seize the whole amount.

Carrying goods that are banned is illegal, and there are heavy penalties for smuggling. If you fail to declare any items that are not permitted, you could face severe delays, fines or prosecution.

Other banned and restricted items

Plants and plant products

If you are travelling from a country outside the EU, there are restrictions on bringing fruits, vegetables, seeds and bulbs into the UK. Some plants, soil and other plant products (including potatoes) may not be brought into the UK unless you have obtained the relevant official certificate or licence.

See the leaflet *'Bringing fruit, vegetable and plant products into the UK'* for an overview of the restrictions. Available to download from www.hmrc.gov.uk

For more information and advice, please contact: *The Plant Health Service Delivery Unit of Defra* on +44 (0)1904 455 174
Lines are open Monday to Friday, 8am to 5pm.

Endangered animals or plants

Regardless of where you are travelling from, you are not allowed to bring in parts of endangered animals or plants to the UK without the correct permits. This also includes caviar, ivory, skins, hides and shells, and any products made from them.

For more information and advice, please contact: *the Wildlife Licensing and Registration Service* at www.ukcites.gov.uk/default.asp

Or call them on +44 (0)117 372 8749
Lines are open Monday to Friday, 8am to 5pm.

Other items

There are other items, such as alcohol, tobacco and perfume, which are restricted if you are travelling from certain countries, and some items, such as unlicensed drugs and weapons, which are banned completely.

For information about other banned and restricted items, see our leaflet *'Travelling to the UK'*. Available to download from www.hmrc.gov.uk

More information and advice

For more information about the rules referred to in this leaflet, contact the Department for Environment, Food and Rural Affairs (Defra).

See their *'Personal food imports'* website at www.defra.gov.uk/animalh/illegal/default.htm

Or call them on 08459 335 577 (from the UK)
+44 (0)20 7238 6951 (from outside the UK)
Lines are open Monday to Friday, 9am to 5pm.

Textphone: 0845 300 1998

If you have specific questions about fish, fish products or bivalves, please contact: *the Food Standards Agency* at www.food.gov.uk/foodindustry/imports/imports_advice/personal_imp

Or call them on +44 (0)20 7276 8018
Lines are open Monday to Friday, 9am to 5pm.

Bringing food products into the UK



There are very strict controls on what food products you can bring into the European Union (EU). This is because food products can carry pests and diseases, which can devastate our environment, and our agricultural and horticultural industries. The Foot and Mouth outbreaks in 2001 and 2007 showed what a damaging effect an animal disease can have on communities, business and the economy.

If you are travelling within the EU, you can bring in any food products – as long as they are free from diseases and for your own consumption. But if you are travelling from a country outside the EU, many animal products are banned – with a few exceptions detailed opposite.

Please note that what you can bring in depends on where you are travelling from, and not where the food product was produced or packaged.

About this leaflet

This leaflet is not comprehensive and will only give you a summary of the rules. Because pests and diseases can occur very suddenly, these rules can change at any time without notice. For up-to-date information, contact the Department for Environment, Food and Rural Affairs (Defra) – their contact details are on the back of this leaflet.

Sending or receiving your items by post

All the rules described in this leaflet also apply to any items you send or receive by post.

Travelling from a country within the European Union (EU)

If you are travelling from a country within the EU (see the list below), you can bring in any meat, dairy or other animal products, as long as they are free from diseases and for your own consumption.

Meat and dairy products



Any other animal product for example, fish, bivalves (such as oysters, mussels or clams), honey and eggs.



EU countries are: Austria, Belgium, Bulgaria, Cyprus*, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland (Republic of), Italy, Latvia, Lithuania, Luxembourg, Malta, the Netherlands, Poland, Portugal (including Madeira), Romania, Slovakia, Slovenia, Spain, Sweden, the UK.

For these purposes, EU countries also include: Andorra, Canary Islands, the Channel Islands, the Isle of Man, Norway, San Marino.

Although Gibraltar is part of the EU, it is outside the Community customs territory.

*Though the whole of Cyprus is part of the EU, goods from any area of Cyprus not under effective control of the Government of the Republic of Cyprus are treated as non-EU imports.

Travelling from a country outside the European Union (EU)

If you are travelling from a country outside the EU, you cannot bring any meat or dairy products into the UK, unless you are travelling from the Faroe Islands, Greenland, Iceland, Liechtenstein or Switzerland, when you are allowed a combined weight of up to 5kg per person.

You may be allowed to bring in a small quantity of other animal products, such as fish, but this depends on the product and where you are travelling from.

From some countries, you are not allowed to bring in any other animal products, so please check before travelling.

For a complete list and to check the rules for these countries and products, contact Defra – their contact details are on the back of this leaflet.

If you have specific questions about fish or bivalve products, contact the Food Standards Agency – their contact details are on the back of this leaflet.

Meat products include any fresh, cooked or dried meat, such as pies, curries, ham, biltong, pot noodles which contain meat, meatballs, meat pickles, cured or cooked sausage, pâté and meat paste.

Dairy products include fresh, dried or concentrated milk, cream, butter, ghee, mithai, cheese, and products made from or containing fresh cream.

Fish products include fresh, dried, cooked, cured and smoked fish and fish products, such as canned tuna, fish sauces, prawns, shrimps, squid, octopus, lobster, crab and crayfish.

Bivalve products include oysters (including oyster sauce) mussels, cockles, clams, scallops, whelks and winkles.

Egg products include omelette and dried egg.

Special foods You can bring 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.

Meat and Dairy products from outside the EU

✓ Allowed ✗ Banned ? Restricted – check what you can bring in



If you are travelling from Faroe Islands, Greenland, Iceland, Liechtenstein and Switzerland, you are allowed a combined weight of up to 5kg per person.

Any other animal product



For example, fish, bivalves, honey and eggs. You may be allowed a combined weight of up to 1kg per person, but this varies by country and product. From some countries, you are not allowed any at all, so please check before travelling.