

Do you know what you eat?



Understanding labels

Covap milk containers are designed with care and diligence so that you like them. They also show very important information that you should be aware of.

As consumers, we should know how to read labels so we can choose healthy, nutrient-rich foods that will help us to grow and be healthy.



Would you be able to find the following information on this Covap packaging?

- Product name** ✓
- Ingredients**
The ingredients appear in descending order, starting with the one that makes up the highest percentage of the product.
- Nutritional information**
You can see the amount of calories, fats, carbohydrates, proteins, calcium, and vitamins found in a glass of milk.
- Storage and usage conditions**
- Information about the brand owner**
If I have any questions, who should I ask?
- Country of origin: Product of Spain**
- Commitment to Animal Welfare**
- Expiration date**
- Traceability**
Information about the batch, bottler, operator, bottling date, etc...
- Recycling**
- Weight**