

**Hemp Seed Food Information for growers, importers, marketers, wholesalers and distributors.  
An open letter to food companies working with hemp seed products.**

**18 December 2019**

Welcome to the iHemp industry! We're delighted that you're working with hemp seed.

Carefully processed hemp seed foods, can produce high quality products which will guarantee our customers have a great experience. And the whole iHemp industry benefits from happy customers.

**What you should know**

- 1) Heat, light, and air adversely affect the quality of processed hemp by speeding up the oxidation process. To help manage this:
  - protect your product from the sun as this is a source of heat and light – one ray (photon) of light can destroy or alter many molecules in an average of 30,000 reactions before it stops
  - store your product in cool, dark places (refrigerated if necessary) - especially when opened
  - use packaging which blocks all light (this means it should not be clear or have window panels) and should be airtight
  - down pack pouches and bottles should be vacuum packed under inert gas (nitrogen) to exclude oxygen
  - storage should be at 6-8% moisture
  - you should not fry with hemp seed oil and minimise exposure to heat in cooking
  
- 2) Health and Safety
  - Rancid oil (in seed and oil products) can be initially identified, be a slightly smelly, puttyish/fish aroma, a bitter taste on the pallet. Fresh oil should have a pleasant nutty taste, with a creamy mouth feel, not slimy
  - Food grade premises need to be registered with MPI
  - Testing labs, AsureQuality, Hills Labs, Cawthron, Analytica
  - At home store in an airtight container, best in the freezer, 2<sup>nd</sup> fridge and 3<sup>rd</sup> ambient
  
- 3) Raw hemp seed is a human food, a ready to eat product or as an ingredient
  - On Farm – You will need to have an MPI approved food plan, at least a National Program - NP1
  - On pack – No leaves, images or words related to cannabis, there are THC and CBD limits
  - Avoid product recalls, make sure your hemp seed food product is fit for purpose, including at the point of sale
  - If your product is off, it is unhealthy to eat. It can still be used externally, as a wood stain or even to clean your leather goods

## Resources

Everyone involved in the value chain (on farm, transporters, manufacturers, etc.) must have their plan or programme registered. The MPI (Ministry for Primary Industries) have provided a high-level overview of compliance requirements “[Food Safety requirements for growers, processors, transporters and manufacturers](#)” with information about this.

For more about hemp seed food processing see:

- [A guide to hemp seeds as a food](#)
- [A guide to labelling food containing hemp seeds](#)
- MPI Guidance – [Hemp seed as a food](#)
- MOH Information - [Hemp Seed Food](#)
- [The variation to the food code 1.4.4 Nov 2017](#)
- [Amendment to the Food Regulations 2018](#)
- [Hemp seed as food – Analysis of Submissions](#)

In particular, we recommend that you read the [labelling food](#) and [selling hemp seeds](#) documents.

## Get involved

It's a very exciting time for the iHemp industry. We encourage you to make high quality products that will honour Aotearoa/New Zealand's international reputation.

The NZHIA (New Zealand Hemp Industries Association) is committed to developing 'best practice' guidelines for hemp seed foods - and as an industry participant, we need you to be part of the conversation.

To have your say, email [admin@nzhia.com](mailto:admin@nzhia.com) or join the NZHIA at [www.nzhia.com](http://www.nzhia.com) now.

Richard Barge,  
Chairman



New Zealand Hemp Industries Association Inc  
Po Box 38 392, Howick, Auckland  
E: [richard@hemptastic.co.nz](mailto:richard@hemptastic.co.nz)  
P: 09 533 6690  
M: 021 706 690  
W: [www.nzhia.com](http://www.nzhia.com)