

## Taking food in your hand luggage

You can carry food both in hand luggage and checked baggage. Keep in mind that food products should be contained in commercially branded packaging with the original seals unbroken. Some airlines may refuse the carriage of fresh products with short shelf-life, especially on a long-haul flight. If you bring food on board, you should be aware of the customs regulations in effect for your destination country.

### Outside the European Union

If you are traveling to a country outside the European Union, you are usually not allowed to bring fresh products. Meat, dairy products, fruit, and vegetables also cannot be brought into EU countries if you are traveling from a country outside the European Union.

- Traveling with food is not prohibited by most airlines.
- If you wish to bring food, check the law before you travel. Read the regulations of your destination and transit countries – some of them, like the USA or Australia, prohibit bringing fresh food into their territory.
- When traveling to an EU country, you cannot bring milk, meat, or animal products from a country outside the EU.
- Food taken onboard must be packed in commercially branded packaging with an expiry date on it.
- The majority of airlines prohibit passengers from carrying products with a short shelf-life.

### Remember!

Taking liquids in the hand luggage is restricted by the safety regulations. Liquids must be carried in 100ml containers. You're limited to a total of 1 litre of liquid containers.

The list below is for information purposes only and it contains the information about carrying the products within the European Union.

Type of product	hand luggage	check-in luggage
Home-made cakes	YES	YES
Candies, biscuits, chocolate bars, crisps	YES	YES
Infant food needed during travel	YES*	YES
Sausages, ham, canned meat	YES	YES

Type of product	hand luggage	check-in luggage
Stock cubes	YES	YES
Honey	YES**	YES
Fruit, vegetables, fresh herbs	YES	YES
Products in cans or jars, including soups, sauces, jellies, spices, honey, chocolate	YES**	YES
Liquid spices (e.g. Asian)	YES**	YES
Powdered sauces, soups, jellies	YES	YES
Parmesan-style hard cheese	YES	YES
Preserves in jars (including jams and compote)	YES**	YES
Dried mushroom in jars	YES	YES
Solid food, like sandwiches, biscuits, cheese, cereal bars, nuts	YES	YES

\* Infant food, juice, water, milk – can be taken in hand luggage and there are no legal restrictions on quantity. However, you should report them during the safety check.

\*\* Can be carried in containers up to 100ml.

Does this article have the information you were looking for? [Yes](#) | [No](#)

