

Food in the hand luggage on the plane

You can carry the food both in the hand and checked-in luggage. Remember that the products should be in unbroken commercially branded packaging. Some of the airlines may refuse the carriage of the fresh products, not lasting a long time, especially on a long-haul flight. When you bring food on board, you should remember about the customs regulations of the destination country.

Outside the European Union

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

- bringing food is usually not prohibited by the airlines
- if you wish to bring food, check the law before you travel. Check the regulations of the destination and transit countries, some of them, like the USA or Australia, prohibit bringing fresh food on their territory.
- when you travel 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 the commercially branded packaging with the expiry date on it
- the majority of airlines doesn't allow the passenger to carry products not lasting a long time

Remember!

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

The list above 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 required for the travel time | YES* | YES |
| Sausages, ham, canned meat | YES | YES |

| Type of product | hand luggage | check-in luggage |
|--|--------------|------------------|
| Stock cube | 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 oriental spices | YES** | YES |
| Powdered sauces, soups, jellies | YES | YES |
| Parmesan type hard cheese | YES | YES |
| Preserves in jars (including jams and compote) | YES** | YES |
| Dried mushroom jars | YES | YES |
| Solid food e.g. sandwiches, biscuits, cheese, cereal bars, nuts | YES | YES |

* Infant food juice, water, milk – can be taken in the hand luggage and its quantity is not restricted by law. However, you should reported them to separate safety control.

** Liquid carriage is possible in the containers up to 100ml.

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

