

Allergen Awareness Information

- You are affected by the new regulation if produce food regularly – look at the **overall** catering of the church
- The regulations will affect all food service organisations, no matter what the size
- Refers to ingredients used in food preparation; compound ingredients; food additives or component of additives; processing aid or component of processing aid (e.g. cooking oils)
- Look for hidden ingredients / compound ingredients
- Provide full allergen information for all “loose foods” / menu items
- No longer able to state that food could contain allergens
- No longer able to state you do not know what allergens are contained in the food you are serving
- Must supply details of the top 14 allergens – but remember people can be allergic to anything
- If you are advised that someone has an allergy you must do everything possible not to deliberately or inadvertently contaminate their food with the allergen
- Trace amounts can cause a reaction – sensitivity differs between individuals and the type of food.
- There is no cure for food allergies – avoidance is the only protection
- Top 14 allergens: Fish, Crustaceans, Molluscs, Eggs, Tree-nuts, Groundnuts (peanuts), Celery, Milk, Soya, Sesame. Mustards, Lupin, Sulphites / Sulphur Dioxide, Gluten
- Remember to look at hidden ingredients or allergen listed under a different term – e.g. milk can be described as whey, lactose; caseinates, etc
- Providing information – there needs to be clear signage advising consumers how they can find allergen information – how you do this should suit your “business”
- Consumers have a responsibility to advise you if they have an allergy
- May want to consider having something on your booking forms as a prompt
- Menu-marking: Allergens highlighted in bold / colour; consistent and legible; same font and font size; clear understandable English (e.g. **swordfish**; salmon (**fish**); almonds (**nuts**); **hazelnuts**); necessary detail – “sunflower oil” rather than “vegetable oil”; avoid precautionary labelling
- Due Diligence Defence – have detailed product / menu specifications; records of delivery checks on product substitutes; food allergen training records; verification of allergen information
- Ensure staff / catering team are allergen aware
- Establish procedure for dealing with allergen information requests
- Ensure information is complete and correct