

**The FOOD INFORMATION FOR CONSUMER REGULATION (EU) NO. 1169/2011 details the information which must be provided to consumers when they buy food and how that information must be presented. A regulation is rule of order having the force of law.**

The regulation (law), in simple terms, sets out legal responsibilities for businesses to:

- Declare accurate and consistent allergen ingredient's information to customers.
- Ensure the information of the 14 identified allergens, for the food you serve or prepare, is accurate and verifiable.

Therefore food business operators (the school) in the retail and catering sector are required to provide allergen information and follow labelling rules as set out in food law

Different allergen labelling rules apply depending on how the food is provided:

**Pre-packed** foods refer to any food that is in packaging before being placed on sale

**Non pre-packed** food (ie; loose food) is unpackaged food.

**Pre-packed for direct sale (PPDS)** products are foods that have been packed on the same premises from which they are being sold.

Since October 2021, the way food businesses must provide allergen labelling information for Pre-packed for Direct Sale (PPDS) has changed. Foods will need to have a label with a full ingredients list with allergenic ingredients emphasised within it.

In the UK, there is an estimated 10 deaths per year which are due to food allergy, the majority of which were due to eating outside of the home

Food Standards Agency

**Allergen management is about knowing what is in food and controlling the movement of allergens to reduce or remove allergen cross-contamination.**

Consumers may be allergic. or have intolerance to other ingredients, but only the 14 allergens are required to be declared as allergens by food law.

**Allergens are:**

- **cereals containing gluten**, such as wheat (including spelt and khorasan wheat), rye, barley and oats
- **crustaceans**, for example prawns, crabs, lobster, crayfish
- **eggs**
- **fish**
- **peanuts**
- **soybeans**
- **milk** (including lactose)
- **nuts** (almonds, hazelnuts, pistachio nuts, cashew, pecan nuts, walnuts, Brazil nuts and macadamia or Queensland nuts)
- **celery** (including celeriac)
- **mustard**
- **sesame seeds**
- **sulphur dioxide or sulphites**, often used as an additive or to increase shelf life
- **lupin**, including lupin seeds and flour
- **molluscs**, for example mussels, oysters, snails and squid

## Allergy Aware Zone

Concerned about food allergies?  
**ASK BEFORE YOU EAT!**

 Milk	 Celery	 Sesame	 Gluten	 Molluscs
 Lupin	 Sulphites	 Tree Nuts	 Egg	 Crustaceans
 Fish	 Peanuts	 Mustard	 Soya	

Food prepared on these premises may contain certain food allergens.

Please ask a member of the Catering Team if you have any concerns about allergens.

**cmc** 

## THE 14 ALLERGENS

## WHAT IS A FOOD ALLERGY?

**Allergy** is a hypersensitivity disorder of the immune system. Symptoms include red eyes, itchiness, runny nose, eczema, hives or an asthma attack.

**Allergen** is any substance, most often eaten or inhaled, that is recognised by the immune system and causes an allergic reaction.

**Food intolerance** refers to difficulty in digesting certain foods. It is important to note that food intolerance is different from food allergy.

**Food allergy is an immune system reaction that occurs soon after eating a certain food.**

Even a tiny amount of the allergy-causing food can trigger signs and symptoms such as:

- Rashes (usually very itchy)
- Tingling sensation in the mouth
- Swelling of the lips, tongue, face and throat
- Difficulty breathing
- Diarrhoea
- Vomiting
- Abdominal cramps
- Anaphylaxis (on rare occasions)

## ALLERGY FACTS

**It is important to remember that there is no cure for food allergies.**

The only way to manage the condition is for the individual to avoid the food that they are allergic to, which is why it is so important to provide them with the correct information that they need to make their food choices.

**Some children may outgrow their food allergies;** but the likelihood of that happening depends largely on the **type of food** a child is allergic to, as well as **the severity** of the allergy.

The allergies that children are most likely to grow out of are; milk protein, egg, soya and wheat. About 90% of children under five years who are diagnosed with one of these allergies will be able to eat these foods safely as adults.

Other food allergies in children are more likely to be permanent. A child who has an allergy to peanuts, ground nuts, fish or seafood is very likely to retain the allergy as an adult.

### **Free-from, gluten-free and vegan claims**

Making free-from claims for foods requires strict controls of ingredients, how they are handled and how they are prepared. A free-from claim is a guarantee that the food is suitable for all with an allergy or intolerance.

For example, if you are handling wheat flour in a kitchen and you cannot remove the risk of cross-contamination through segregation by time and space, you should let the customer know. You should not make any gluten-free or wheat-free claims.

The Food and Drink Federation provides specific information and guidance on free-from and gluten-free claims.

Customers sometimes assume that vegan meals are free-from animal based allergens (egg, fish, crustaceans, molluscs, milk). This is not always the case as low-level cross-contamination from these ingredients can occur during the production process. You need to be clear about this risk in the food you provide.

**CMC Food Allergen Guidelines (Issue Feb 2021)** provide you with a clear approach to the management of the categories and above all, minimise the risk of an allergic/anaphylactic reaction to food served.

By using the CMC Allergen system, staff awareness and training and a proactive approach to monitoring the allergens coming into your catering environment, you can minimise the risk of exposure and encourage responsibility.

## **RESPONSIBILITIES**

### **Catering Manager:**

- Offering suitable alternatives for people with allergies, intolerances and Coeliac disease.
- The Catering Supervisor/Manager will ensure that allergen information is provided on all food listed in the “FSA List of 14 Food Allergens”.
- Ensuring information is located in the Allergen Manual that can be easily seen by school staff, pupils and visitors. (this manual must be available at all times).
- Making sure that the Allergen Daily Matrix sheets are completed daily, are easily visible and clearly legible.
- Ensuring that written information is indelible (permanent) where appropriate, for example on food labels.
- Checking that signage is not hidden, obscured, detracted from or interrupted by other written or pictorial matter or any other intervening material.

### **General Assistant:**

- Ensure that if any ingredient is decanted into a separate container that all the product information including allergens is also transferred and the label kept for reference.
- Ensure that when preparing all foods, that care is taken to ensure that no cross contamination can occur. Using the correct chopping boards and the 2 stage cleaning process between tasks.
- Ensure if weighing up in the same room there is a control of dust in the air from powders and flours.
- Make sure you thoroughly clean equipment/ utensils/surfaces between uses.
- Follow adequate hand-washing procedures.

### **School:**

Individual health care plan - IHCP

- Children and Families Act 2014, places a duty on schools to support pupils with medical conditions. An IHCP should be implemented and circulated to all relevant staff, reviewed annually or when circumstances change.

In schools, kitchen staff will need to be able to easily identify those with specific dietary requirements.

Practices to identify children with dietary needs could be as simple as:

- coloured wrist bands
- a photograph of the child alongside details of their allergy in the kitchen or serving area

**CMC:**

- Provide our clients with the tools and resources to reduce the risk to children, staff and visitors.
- Provide regular training, updates and advice in relation to the Food Information for Consumers Regulations.

**Buffets**

If you offer food in the form of a buffet, you need to provide allergen information for each food item separately. You should not provide it for the buffet as a whole.

You can provide this information by labelling the allergens contained in individual dishes, or by displaying a sign directing customers to ask staff for allergen information.

This information must be visible, clearly legible and easily accessible to the customer.

**Communication is Key!!**

Accuracy is dependent on correct labelling, updating allergen information, updating staff and consumers.

When allergen information is provided as part of a conversation with a customer, this MUST be backed up by written information. This would ensure that it is accurate and consistent.

Your chain of communication is only as strong as your weakest link, so make sure everyone talks to each other and update them on any changes

**Updating information**

- Make sure the correct Allergen Daily Matrix are being used and are up to date.
- Ensure the matrix forms are filled in daily and accessible to all. Up to date information is key.
- Ensure signage is visible and clear to all.

**Be aware! This legislation is monitored by EHO or Trading Standards. EHO can issue an improvement notice and a fine of up to £5,000 per offence.**

**REQUIREMENTS FOR DELIVERY, STORAGE, SERVICE AND CROSS CONTAMINATION**

CMC operate rigorous Risk Assessment procedures in regards to the control of allergens, which is set out in the Food Allergen Guidelines. Catering Supervisors/Managers need to ensure they have read and understood the Risk Assessment and all General Assistants need to follow the control measures set out.

**Delivery:**

- Staff should be trained to accept deliveries and reject delivery of goods with no labels or damaged packaging.
- Checks should be in place to ensure changes to products are identified and noted.
- Staff should be trained to clean up spillages of any allergenic product.

**Storage:**

- Store ingredients containing allergens in a separate area or if this isn't possible, store on lower shelving.
- Open ingredients containing allergens MUST be stored in lidded containers.
- Use labelling to identify ingredients containing allergens.
- Ensure that if any ingredient is decanted into a separate container, that all the product information including allergens is also transferred.
- Ensure if weighing up in the same room there is control of dust in the air from powders and flours.

#### **Cross-contamination:**

- Make sure that when preparing all foods, care is taken to ensure that no cross-contamination can occur between foods containing allergens and foods which are allergen free.
- Where possible, use separate equipment and separate preparation areas for allergen and allergen-free foods. If not possible, clean equipment/utensils/surfaces between uses.
- Make sure that thorough cleaning takes place before and after handling and preparing different foods.
- Verify that all food handlers follow adequate hand-washing procedures.
- Don't re-use cooking oil if there is a possibility that nut proteins/fish proteins/gluten will still be present.
- Take steps to prevent cross-contamination when food is served in a buffet style or on salad bars.

#### **Service:**

- Train staff about the risks of providing the wrong information or serving food containing an ingredient that a customer is allergic to.
- Ensure staff have access to and know where to find the Allergen Manual.
- Implement Kitchen procedures to prevent cross-contamination during storage and preparation of food.
- Have a procedure in place to deal responsibly with a customer complaint over concerns that their food may be contaminated with an allergic ingredient.