

ALLERGENS

A brief overview of the new legislation which came into effect

December 2014

What you need to know

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ALLERGEN RULES

14 types allergens must be labelled whenever they, or ingredients made from them, are used at any level, these are:

- Cereals containing gluten such as wheat, rye, barley oats, spelt or khorasan
- Crustaceans
- Eggs
- Fish
- Peanuts
- Soybeans
- Milk (including lactose)
- Nuts
- Celery
- Mustard
- Sesame Seeds
- Sulphur Dioxide
- Lupin
- Molluscs



ALLERGEN RULES



The allergens MUST BE

- Emphasised in a way that clearly distinguishes them from other ingredients by font, style or background colour.

Allergen information for non pre-packed foods must be in written or oral formats with Clear Signposting to where consumers can obtain the information

All allergenic ingredients must be declared regardless of levels used in either a pre packed dish or freshly prepared dish

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ALLERGEN RULES



Contract Catering and Restaurants

All contract caterers and restaurants that are providing food that is prepared freshly and non pre-packed must provide information to the consumer on any allergenic ingredients that may be present in any dish or item that is offered.

Failure to do this could result in prosecution under the new laws regarding allergenic ingredients.

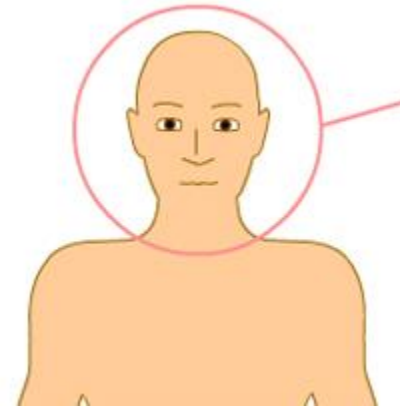
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EFFECTS ON THE BODY



Common symptoms of an allergenic reaction include the following

- Sore, red and/or itchy eyes
- Runny and/or blocked nose
- Swelling of the lips
- Coughing, dry, itchy and swollen throat
- Coughing, wheezing and shortness of breath
- Nausea, bloated, diarrhoea and/or vomiting
- Itchy skin and/or a rash



HANDLING FOOD AND ALLERGENS



All staff that are handling ingredients, equipment, utensils, packaging and products **MUST** be aware of the consequences of allergens being eaten by anyone with a food allergy.

The main thing to consider is to **AVOID CROSS CONTAMINATION** when preparing fresh products

This can be achieved by practising good food safety procedures such as but not limited to the following

- Changing gloves after handling allergenic ingredients
- Regular hand washing
- Do not use same utensils for all ingredients
- Adopt good cleaning procedures
- Clean and change chopping boards after using them with allergenic ingredients

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ALLERGENS AND LABELLIN



‘May contain’ labelling is sometimes used under the allergen regulations

- If contamination of risk cannot be reduced in the finished product
- Following a thorough risk assessment to eliminate any potential cross contamination

‘Gluten free’ or ‘very low gluten’ labelling must not contain more than 20ppm of gluten in the product by law.

1% of the UK population are gluten intolerant

ALLERGENS AND LABELLIN



Allergens that are in the ingredients must be clearly emphasised in allergy boxes



Allergy advice boxes can be used under the regulations to sign post to allergy information, include information about allergy contamination (may contain) and also to make 'free-from' claims

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ALLERGENS IN THE RESTAURA



When in a restaurant or working in a food preparation environment if you are substituting ingredients you must check that

- Allergens contained in the new dish are the same as before
- Any changes to ingredients are updated so that correct allergen information can be provided

Information for customers in a restaurant regarding allergens can be provided

- On a menu
- Signposted and in a folder
- Signposted and also orally

ALLERGENS IN THE RESTAUR.



Customers eating in a restaurant **MUST** be provided with information on any ingredients which contain an allergen.

If a member of staff is unsure as to whether the product contains an allergenic ingredient then they should ask someone who will know the answer (for example, a chef or a manager).

Under no circumstances must you make a guess or refuse to actually serve a guest due to their allergens

ALLERGENS AND INFORMATI



Having an allergy to certain ingredients can cause many people a lot of discomfort

As we discussed earlier 1% of the UK population suffer from Coeliac Disease which is a condition that is caused by intolerance to gluten and causes great discomfort to the sufferer

This new food information regulation applies to ALL foods regardless of whether they are sold pre-packed (supermarket sandwiches, frozen items etc) or sold loose (freshly made sandwiches in a café, meal in a restaurant etc)

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ALLERGENS AND INGREDIENTS



FOUR SEASONS PIZZA

Ingredients

Plain White Soft Flour

Salt

Dried Yeast

Golden Caster Sugar

Olive Oil

Polenta (Cornmeal)

Tomato Paste

Parma Ham

Mozzarella

Tomatoes

Mushrooms

Capers, Basil Leaves

Black Olives, Anchovies



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ALLERGENS AND INGREDIENTS



Crab and Sweet corn Soup

Ingredients

Vegetable Oil

Fresh Ginger

Crabmeat

Fish Stock

Dry Sherry

Corn Kernels

Corn Starch

Stock

Egg Whites

Green Onions



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