

Food Allergens

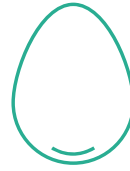
Main Allergens



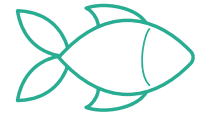
Celery



Gluten (in cereal)



Eggs



Fish



Molluscs



Mustard



Peanuts



Sesame



Lupin



Milk



Soybeans



Preservatives



Crustaceans



Tree Nuts



Anaphylaxis

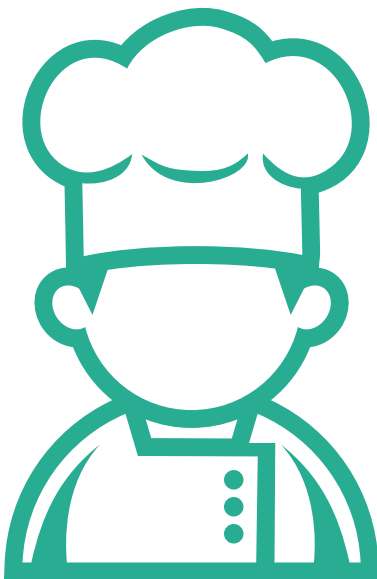
- Extreme allergic reaction
- Immune system releases chemicals including histamine
- Symptoms: breathing difficulty, swelling of face/tongue/neck, blotchy rash, anxiety/panic, collapse, unresponsiveness, death
- Treatment: adrenaline injection to reverse symptoms

Labelling Updates

Government guidance is available online for food businesses. As of 1st October 2021, prepacked food must be labelled with full ingredients lists, emphasising allergenic ingredients. Those selling loose items must provide allergen information too.



Guidance for Employers



- Ensure staff understand their responsibility for allergen management
- Ensure a responsible member of staff is available on each shift to manage requests from customers with allergies
- Prominently display signs requesting customers ask about allergens
- Train staff to avoid allergen cross-contamination
- Train staff to record allergens when recipes are changed or ingredients are substituted
- Provide clear instructions for the cleaning of premises, equipment and work tools
- Be aware of each members of staff's own allergies
- Provide regular allergen and emergency medication training for staff
- When ingredients are delivered, ensure all items received are the exact items ordered

Food Safety Tips

- Thoroughly clean surfaces and equipment, including plates, to remove any small traces of food
- Check ingredients lists for allergens
- Use substitutes for allergens
- For takeaway orders, provide allergen information before orders are placed and clearly label each container
- Ask individuals what they can/can't eat
- Keep allergens separate from other foods
- Avoid adding extra toppings/decorations to dishes



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Vegan Food Tips

Trace amounts of cross contamination can occur in factories or kitchens that handle vegan and non-vegan. This is why some packaging for vegan foods warn products may contain allergens such as milk or egg. It is very important to read the label and ensure the product is safe for the vegan consumer, even if it is a vegan product.



Main Guidance Bodies

- Food Safety Act 1990
- Food Standards Agency
- General Food Hygiene Regulations
- Department for Environment, Food & Rural Affairs (Defra)
- EU Food Information for Consumers Regulation 1169/2011

Food Allergy and Intolerance Research

Research aims to:

- Inform allergen management thresholds for the food industry and its regulators
- Inform consumers about risk factors associated with developing food allergies
- Understand consumer attitudes to food allergies/intolerance and food labelling



Reporting Problems

To report problems such as a reaction or near-miss, contact the responsible local authority's food safety team.

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