FOOD ALLERGY MANAGEMENT POLICY

Contents

1) - Aim

The purpose of this policy is to ensure that the food provided by the catering service within the school is stored, handled, prepared and served to ensure it is safe for all consumers including those who may have food allergies. Catering staff will have access to relevant training and/or education as required.

2) - Objectives

This policy will acknowledge the importance of the appropriate action being taken for pupils with a suspected or known food allergy and ensure that suitable control measures and practices are in place both at kitchen and service point level to reduce the likelihood of accidental contamination. Anyone in contact with food is required to follow this policy. The policy will ensure that:

- Clear guidance is provided for catering staff on their responsibility for provision of food for pupils with suspected or confirmed food allergy;

- That appropriate training/education is available and implemented for any catering staff involved in providing food for pupils with food allergies;

- That appropriate information and support is available for staff.

3) - Background

What is a food allergy?

Food allergies involve the body's immune system. The body reacts to certain allergens in food by producing antibodies, which can cause immediate and sometimes severe symptoms such as swollen lips or eyes, vomiting, skin hives and in most extreme cases difficulties breathing and a severe fall in blood pressure (anaphylactic shock). In extreme case this can prove fatal. Food allergies are an increasing concern for consumer and food producers as the incidence rises.

What is food intolerance?

This does not involve the immune system in the same way and is not usually as severe as a food allergy. Symptoms usually take longer and may include headaches, fatigue and digestive problems.
Food intolerance is harder to diagnose than a food allergy. The only reliable way to diagnose it is to omit the suspected food from the diet (under the supervision of a dietician or doctor) to see if symptoms disappear.
The person with a known allergen trigger may know what product (food, ingredient) will provoke a reaction. However they may well have eaten this food or a specific dish previously and had no adverse reaction. It is essential in a School setting that **standard recipes** are **rigorously adhered to**. This will help to enable allergen avoidance and to identify a trigger allergen ingredient should a reaction occur. Any variation to an approved standard recipe could cause an adverse reaction which may become fatal.

So who is at risk?

Anybody can develop a food allergen or intolerance at any time in their life irrespective of whether they have consumed the food previously. A person with an allergy is at risk even if they consume a small amount of the food allergen. The response to this can be relatively mild such as small red marks on the skin or swelling of the face to a full anaphylactic shock incident which needs immediate medical treatment.
People most likely to develop food allergies include those with related conditions e.g. asthma, eczema and hay fever or with close family members with these conditions.

4) – Definition

The proportion of the population (UK) with a true food allergy is approximately
1-2% of adults and 5-8% of children which equates to around 2 million in the UK.
In addition, about 1:100 of the UK population has celiac disease and needs to avoid gluten.

5) – Scope

This policy covers the action to be taken by catering service involved in managing the provision of food for pupils with suspected or confirmed food allergy.

6) – Legislation

Since 13 December 2014, food businesses need to provide information about allergenic ingredients in the food they serve.

7) – Allergen communication

Signage with communication about allergens is set on each point of food provision, as follow:
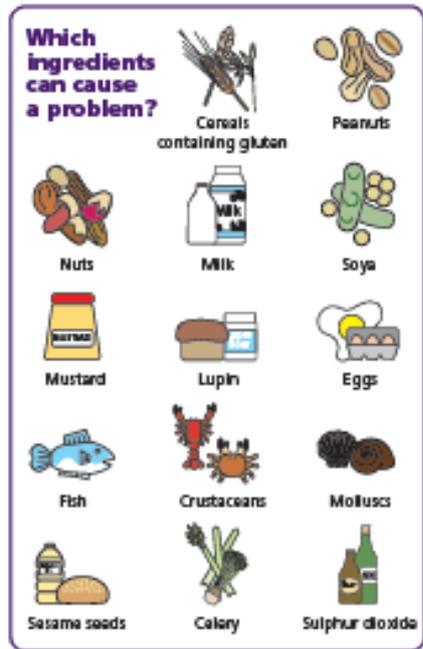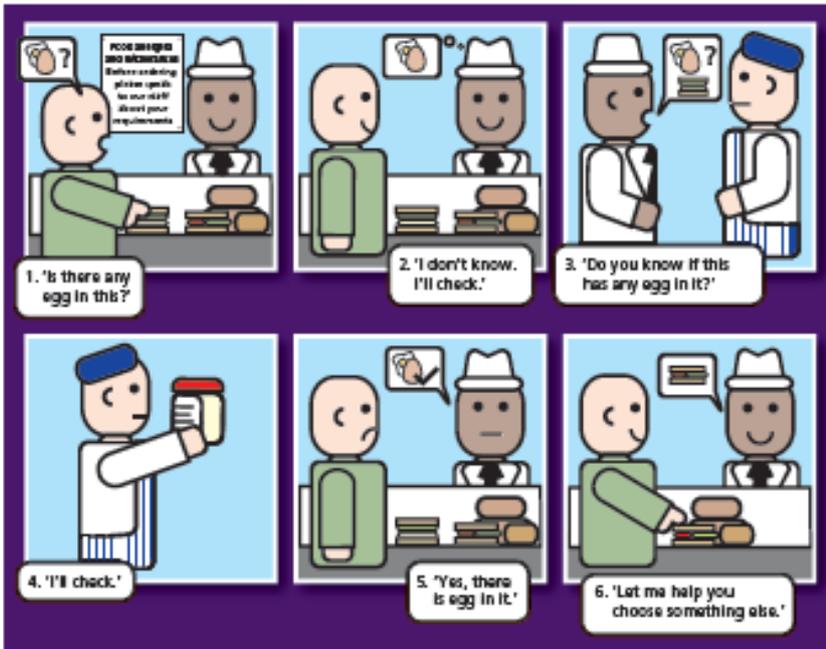

FOOD ALLERGIES
And
INTOLERANCES
Please speak to our staff about the ingredients
in your meal, when making your order.
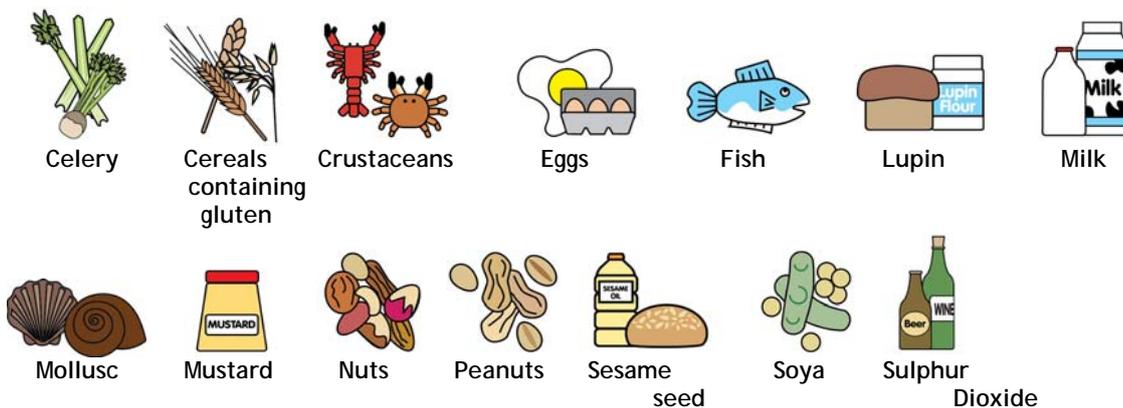**Thank you.**

Think Allergy

When someone asks you if a food contains a particular ingredient – always check. From 13 December 2014, food businesses will need to provide information about allergenic ingredients in the food they serve.

For more information and advice about allergy, visit: food.gov.uk/allergy
A booklet Allergen Information for loose foods is also available to download.

Staffs are trained to escalate any concerns a pupil may have regarding food allergy or food intolerance to a line manager if they are unsure of product content.
Where dishes contain potentially allergens, they are clearly identified with labels at point of service, with the following labels:

Celery   Cereals containing gluten   Crustaceans   Eggs   Fish   Lupin   Milk

Mollusc   Mustard   Nuts   Peanuts   Sesame seed   Soya   Sulphur Dioxide

8) – Staff training

All chefs, food handlers or catering assistant serving food have received a training of "allergy awareness" from the local authorities.
The catering management keeps records of staff training.

9) – Catering procedures

Supplier product information

Working closely with suppliers to enable up to date and clear labelling of all products that may contain potentially harmful allergens.

Kitchen practices

Every operator cooking food has the responsibility to fill in the "chef recipe card" ensuring to mention on it all the allergens presents in the recipe.
Then the head chef collects all the information & report them onto the allergen chart.
Every operator when loading the counters has the responsibility to display the relevant allergen advice at the front of each served dishes.
Then the head chef & the starter section manager make a double check to ensure the accuracy of given information.

Managing cross contamination

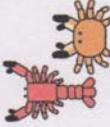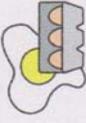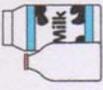Maintaining rigid food hygiene standards throughout food handling areas.
Where allergenic ingredients are packaged openly/loosely, they are store separately to reduce the risk of cross contamination.
Physical segregation within the production area is sought at all times.

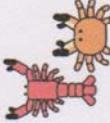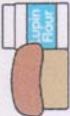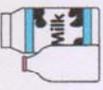# ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient:

Chef:

Date:

Celery ☐	Cereals containing gluten ☐	Crustaceans ☐	Eggs ☐	Fish ☐
Lupin ☐	Milk ☐	Mollusc ☐	Mustard ☐	Nuts ☐
Peanuts ☐	Sesame seeds ☐	Soya ☐	Sulphur Dioxide ☐	**TICK THE ALLERGENS WHICH ARE IN THE DISH** ☑

Notes:

Reviewed and checked by:

DISHES AND THEIR ALLERGEN CONTENT

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
	✓			✓	✓		✓		✓					

Food Allergen Management
Training Document & Information

I……………………………………………………… have received, read and

understood the attached policy on Food Allergen Management.

I have a copy for my own information and referral

Signed:

Supervisor/Manager's
Initial:

Date: