

Allergen Awareness : Helping you Comply with the Law



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Free From Hero 2018

What is the Law ?

- ▶ As a food business, you must follow the allergen information rules set in [EU Food Information for Consumers Regulation \(EU FIC\)](#). This means that you must:
 - ▶ Provide allergen information to the consumer for both pre-packed and non-prepacked food or drink
 - ▶ Handle and manage food allergens adequately
 - ▶ You also need to make sure that your staff are trained about allergens.

Cross-contamination



Food Allergen Cross Contact Basics

Cross-contact is the presence of unintended food allergens.

It is a common cause of allergic reactions.

Allergens can withstand heating and drying.

Contact with tiny amounts of allergens is enough to cause a serious allergic reaction.

If a mistake is made then discard the item and start over.

Routine training for all staff about sources of cross contact and prevention is essential.

Remember: Saliva, whether from a person or a pet, is another source of cross-contact. No sharing of food items, water bottles, musical instruments that get in the mouth, lipsticks or other objects.

Who Needs to Know About Allergen Cross Contact?

Anyone who is responsible for cleaning surfaces and objects that may come into contact with students or staff.

Anyone responsible for meal and snack distribution and preparation.

Kitchen slicers, deep fryers, buffers, splatter from food, garnishing, sanitizing dip buckets, high chairs, table tops, hands, utensils, dishware, cups, water bottles, sponges and dishrags, pot holders, aprons are common sources of cross contact.



Cleaning to Prevent Cross Contact with Food Allergen

- Preventing cross contact with cleaning is important.
- Establish a cleaning protocol to avoid cross contact.
- Use soap and water or commercial hand wipes to clean allergens from hands. If hand sanitizers are not effective.
- Use soap and water, commercial cleaners or commercial wipes to clean table tops and nonporous surfaces of allergen.
- Using disposable wipes or rags is preferable when cleaning surfaces.

Think About the Abilities of the Children!

- Each child has different developmental capabilities. There are different issues of cross contact with various age groups.
- Younger age groups explore with their hands and their mouths. They are also less capable of self-managing and not as good at cleaning hands or surfaces.
- Older children can effectively wash their hands before they eat, read labels and should know not to share.
- Keep in mind that children with developmental delays may not have the same management skills as their peers.

Special Thanks to Our Reviewers: Beth Peters, MS RD, Team Nutrition Specialist, Pullman Department of Education, Office of School and Community Nutrition

Created by Michelle Watson, MS, MSCE, CDE, Common Sense, SD Allergen Accredited AllergiesOnline.org ©2014

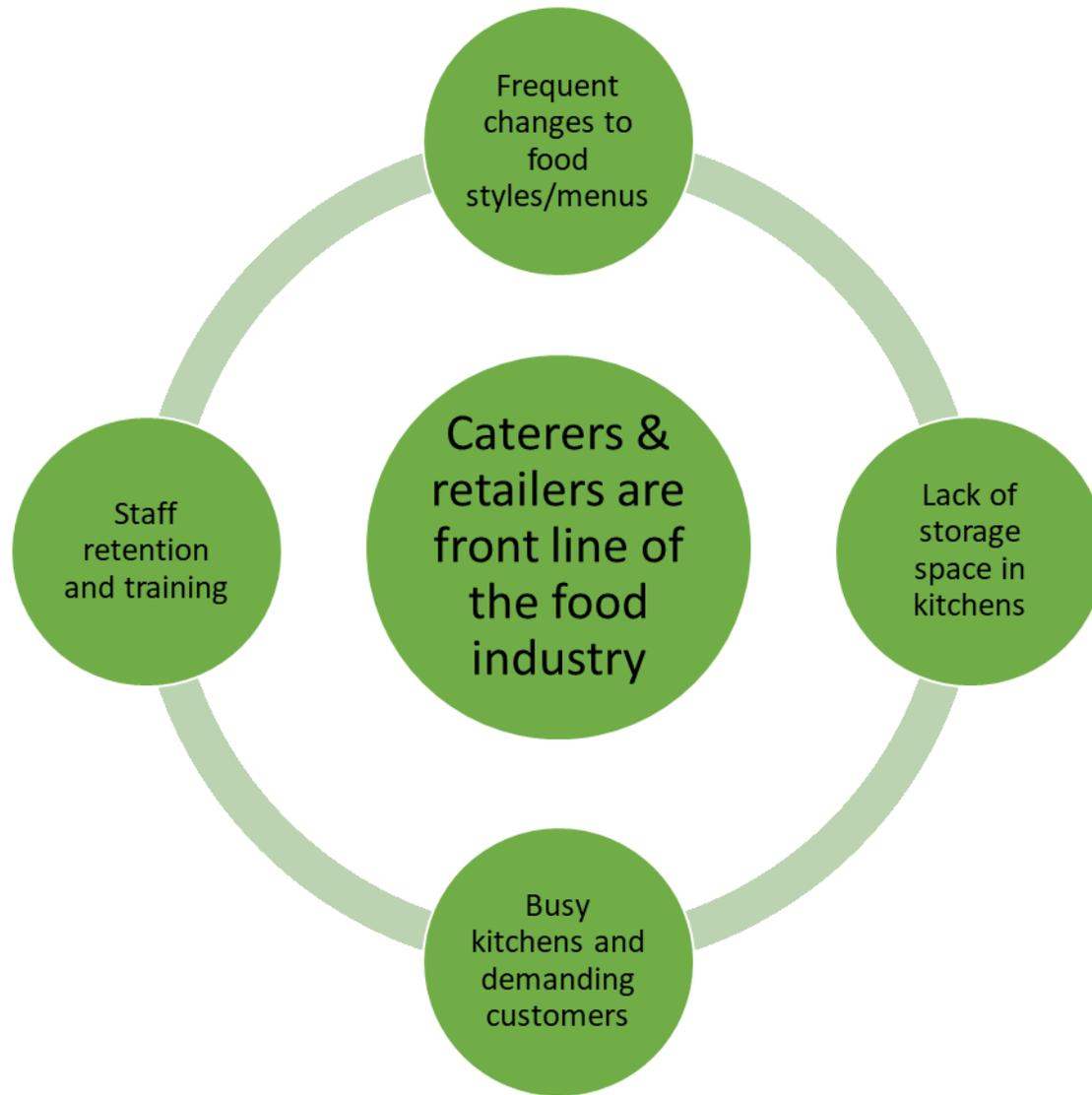
Cross-contamination

What brings food allergens into the kitchen (sources)

- ▶ People-staff, visitors, maintenance
- ▶ Deliveries
- ▶ Food brought in by staff (lunch etc)
- ▶ Contaminated equipment (trolleys, trays, knives)
- ▶ Contaminated Cleaning materials/equipment

What moves food allergens around the kitchen (vehicles)

- ▶ Hands
- ▶ Equipment
- ▶ Surfaces
- ▶ Cloths
- ▶ Cleaning equipment
- ▶ Staff uniform-chefs aprons etc



Did You Know ????

- 44% of British adults now suffer from at least 1 allergy ...and this number is increasing.
- In the 20 years to 2012 there was a 615% increase in the rate of admission to hospitals due to anaphylaxis
- 35% of patients are hospitalised due to food borne disease compared with 65% patients admitted with problems with food allergies/intolerance
- 1 in 100 have been diagnosed Coeliac disease
- Around 2 million people in UK have a food allergy

Common concerns within schools

- ▶ (Over ?)-Protective parents
- ▶ Communication - Parent-School-Caterer. Often inconsistent-encourage 3 way communication. The caterer needs to be involved
- ▶ Allergies developing/changing - how does the caterer manage?
- ▶ Identification methods of children with allergies
- ▶ Emergency procedures in the event of an anaphylactic reaction

Natasha's Army



Natasha's Law

- ▶ A new law will require food businesses to include full ingredient labelling on pre-packaged foods, announced by the Environment Secretary Michael Gove.
- ▶ The reforms cover labelling requirements for foods that are prepared and packed on the same premises from which they are sold - such as a packaged sandwich or salad made by staff earlier in the day and placed on a shelf for purchase.
- ▶ Currently, these foods are not required to carry labels, and if asked by a consumer allergen information must be given in person by the food business.

Natasha's Law

- ▶ The new legislation, known as 'Natasha's Law', will tighten the rules by requiring foods that are pre-packed directly for sale to carry a full list of ingredients - giving allergy sufferers greater trust in the food they buy.
- ▶ The government will introduce legislation by the end of summer mandating full ingredients labelling for foods prepacked for direct sale, and the new laws will come into force by summer 2021 - giving businesses time to adapt to the change.



Group exercise

- ▶ In each group write a recipe that you would use for the following
- ▶ Flapjack
- ▶ Chocolate Brownie
- ▶ Lemon drizzle cake
- ▶ Write the ingredient label, highlighting the allergens
- ▶ Compare different recipes/allergens

Group exercise

- ▶ Compare product data sheets -each product has a different recipe/ingredient list
- ▶ What are the potential problems that will happen with Natasha's law- how can these be prevented.....

How to make this easier

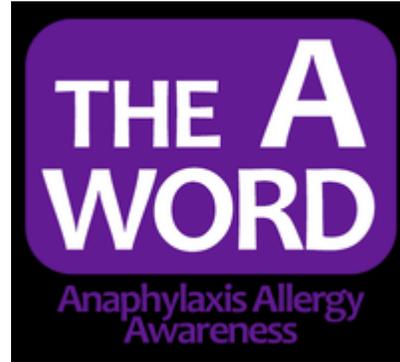
- ▶ Standardised recipes
- ▶ Standard weekly menu cycles
- ▶ Using an ingredient label system
- ▶ Training

How to ensure allergen awareness becomes part of the culture

- ▶ Training & refresher training
- ▶ Allergen information noticeboard
- ▶ Include allergen checks in HACCP/FSMS paperwork
- ▶ Communication -parents/school/caterer
- ▶ Use of specific equipment for specific diets. Purple chopping boards, utensils etc



The Aword



- ▶ Campaign to ensure that AAI devices are available for use in an emergency in colleges and Universities
- ▶ Emma & Jacqui -Working together to raise awareness of allergies in Colleges & Universities
- ▶ <https://www.theaward.org.uk/>

Thank You -Any Questions??

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