



## Producing and Sharing Allergen Information- Primary Education

### Introduction

New allergen labelling requirements were introduced in December 2014. This guide outlines the changes and provides support to help you meet them.

### The new requirements

The new legislation requires food businesses including restaurants, cafes, hospitals, schools and early year's settings providing non-prepacked food to provide allergen ingredients information. These requirements are part of the EU Food Information for Consumers Regulations, and apply across the EU. They are enforced in the UK by the Food Information Regulations 2014.

**Why it is important to provide allergen information?** In the UK, it is estimated that around 2 million people (1-2% of adults and 5-8% of children) have a food allergy.

This is when the body's immune system reacts unusually to a specific food, because it mistakenly perceives it as a threat, and a reaction can be produced by just a tiny amount of a food.

#### Symptoms of an allergic reaction to food can include:

- Itching in the mouth, throat and/or ears, a raised itchy red rash (hives)
- Swelling of the face, around the eyes, lips, tongue and roof of the mouth and vomiting
- In the most serious cases, a severe allergic reaction (anaphylaxis, which can include breathing difficulties, light headedness and feeling like you are going to faint) can be life-threatening. This reaction is less common than those above.

There is no known cure for food allergies. People with allergies need to avoid the foods to which they are allergic. To do this, they need accurate information about the allergens that are present in food whether prepacked or provided by a school or other food business.

Schools have a duty of care to their pupils, and must make arrangements for supporting pupils with medical conditions.

### Producing allergen data for your school menu

Please ensure that you go through the menu selector and fill in the allergen chart at the bottom of each recipe.

Check the produce you order by reading the labels and allergen details (allergen information is emphasised often in **bold** in the ingredient's list) and fill in the chart, ensuring this is crosschecked by a college. Always read the label, often foods have hidden E-numbers or ingredients.

Please ensure that the allergen information is updated if a product is changed or substituted. Display the Mellors Allergen signpost at your service point for our customers to see.

On completion of recipes please refer to the special diets procedure in your Primary School menu pack for information on how to complete a request from a child's doctor or dietician.

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