

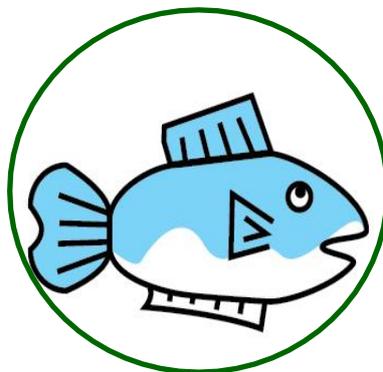
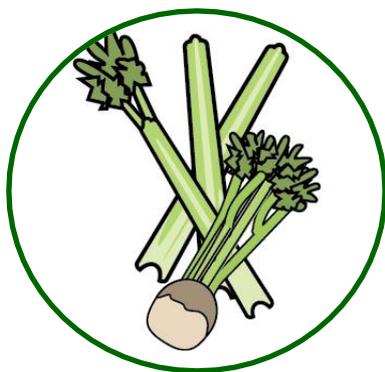
Allergen
ware month 2021

In Food Service



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RESOURCE PACK



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INTRODUCTION

Welcome to the 2021 Resource Pack from Allergen Accreditation!

January represents a great time of the year to renew, refresh and reinvigorate all your allergen training, systems, procedures, and communication methods with consumers.

#allerjanuary, however, is just the beginning and this resource pack and accompanying posters are intended to serve you well throughout 2021.

Please do share with colleagues and ensure posters are properly distributed and displayed.

Please get in touch if you have any queries or questions on this content and the wider implications of safely managing allergens in your business.

The core themes for the 2021 **#allerjanuary** are PPDS (Pre-Packed for Direct Sale, also known as Natasha's Law), training and exploring digital support for business operators.

Indeed, the MAIN changes to allergen legislation come into effect on the 1st October 2021. To this end we encourage all to make time to get to know this legislation change as it may affect your customer communication methods.

Our business model, like all in hospitality and catering for 2020, looks more like an Airfix model WW2 bomber that your little brother has stepped on and crushed after all the hours of painstaking effort to build. During the year we at Allergen Accreditation have assisted wherever possible, offered wider catering advice and support, and developed and supported campaigns to encourage customers to dine out safely with 'I'm a Considerate Customer' and other campaigns. We, like you, will reboot in January and be **at your service** when you are ready.



So, here's to the beginning of *Coronaexit* and to a phenomenal 2021!

PPDS

In June 2020 new, updated, Technical Guidance from the Food Standards Agency was issued to businesses to begin preparations for the new enhanced labelling requirements effective 1st October 2021 for businesses in the UK.

This will result in a **full ingredients list** being produced on all pre-packed for direct sale items (PPDS).

Let's have a quick refresher first before we read on...

From 13 December 2014 new rules on allergen labelling and consumer information were applied to all food and drink businesses in the EU. The **Food Information for Consumers Regulation (1169/2011/EC)**.

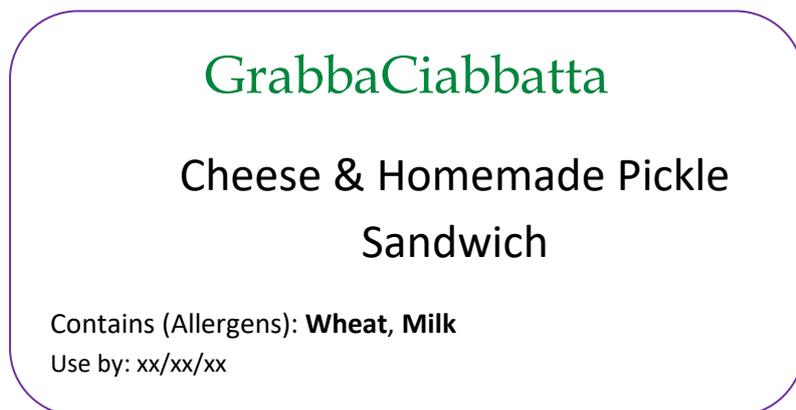
This entailed information about the top 14 allergens being made available (for all loose foods and beverages) to any customer on request. These are:

- Cereals containing gluten – wheat, rye, barley, oats, spelt or kamut (**Key Note** - it is the cereal that is the allergen containing ingredient therefore the cereal itself must be named not just 'GLUTEN'.)
- Crustaceans – e.g., lobster, crab, prawns and langoustine
- Egg
- Fish
- Lupin
- Milk
- Molluscs – e.g., squid, octopus, mussels, cockles and snails
- Nuts – almond, hazelnut, walnut, cashew, pecan nut, brazil nut, pistachio nut, macadamia nut and Queensland nut (**Key Note** - it is the actual tree nut that is the allergen containing ingredient therefore the nut itself must be named not just 'NUTS'.)
- Peanut
- Soya
- Sesame
- Celery and celeriac
- Mustard
- Sulphur dioxide and sulphites

Here's your three-point plan:

1. Grab and Go, takeaway- for self-help stations or served by staff

members to be consumed on or off the premises, pre-packed in advance of being offered for sale. (Normally require the name of the product as well as the allergen contents, as per example below)



Example (Current) Label

Food Business Operators from 1st October 2021 will need to expand the standard labelling for pre-packed for direct sale (PPDS) foods to include:

- The name of the food as well as a list of the ingredients with allergens emphasised.
- The emphasis of the allergens could also be in contrasting colours or highlighted.
- No requirement for 'see allergens in bold {or highlighted}', however, this is optional.

PPDS food is packed before being offered for sale by the same food business to the final consumer: on the same premises; or on the same site^[1]; or on other premises if the food is offered for sale from a moveable and/or temporary premises (such as marquees, market stalls, mobile sales vehicles) if the food is offered for sale by the same food business who packed it.

^[1] In this instance 'site' refers to a building complex such as a shopping centre or airport terminal in which the same food business operates from more than one unit within the building complex.

Key Points:

Notes: “Food is considered prepacked when it is put into packaging before being offered for sale and:

- Is either fully or partly enclosed by the packaging; and
- Cannot be altered without opening or changing the packaging; and
- Is ready for sale to the final customer.”

It does not cover food which is packaged only when the customer selects or orders it, e.g., in a sandwich/deli bar a label is not required.

What we all need to do from 1st October 2021, or earlier - get ahead of the competition!

1. A FULL list of ingredients with allergens in bold, or highlighted.
2. Label initial stock of items up before service e.g. burgers, fried chicken packaged and boxed - anticipating a rush.
3. Samples e.g. cake pieces individually wrapped.
4. Pizza slices on card and wrapped.
5. Hot dogs displayed in an open container - does not require labelling - as this “**can be altered without opening or changing the packaging**”.
6. Generally, all prepared drinks and foods that are packed before service will require a full ingredients list with allergens in bold or highlighted.
7. Business operators must still offer signposting to where full allergen information (in writing) is available from.

2.Examples & scenarios

GrabbaCiabbatta

Cheese & Homemade Pickle Sandwich

Ingredients: strong white flour (**wheat**), calcium carbonate, iron, niacin, thiamine, salt, yeast, olive oil, water, cheese (**milk**), butter (**milk**), onions, non-iodised salt, golden castor sugar, **mustard** powder, **mustard** seeds, **celery** seeds, dried chilli, turmeric
Use by: xx/xx/xx

New PPDS Label

GrabbaCiabbatta

Cheese & Pickle Sandwich

Ingredients: **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Yeast, **Soya** Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481, Flour Treatment Agent: Ascorbic Acid. cheese (**milk**), butter (**milk**), Branston Pickle: Vegetables in variable proportions (51%) (Carrot, Rutabaga, Onion, Cauliflower), Sugar, **Barley** Malt Vinegar, Spirit Vinegar, Water, Tomato Purée, Date Paste (Dates, Rice Flour), Apple Pulp, Salt, Modified Maize Starch, Colour (**Sulphite** Ammonia Caramel), Onion Powder, Concentrated Lemon Juice, Spices, Colouring Food (Roasted **Barley** Malt Extract), Herb and Spice Extracts

Use by: xx/xx/xx

New PPDS Label

See the difference between these two examples? The first is where you have baked your own bread and made your own pickle. The second details where you have extracted the label information from the bought in bread and pickle!

More useful notes:

- a. Prepared Smoothie in disposable lidded cup: 'Celery and Apple Crush' - ingredients: cucumber, apple juice, **celery**, chopped apple.
- b. Muffin in partial packaging: 'Blueberry and Chocolate Chip Muffin' - ingredients: self-raising white flour (**wheat**), calcium carbonate, iron, niacin, thiamine, **eggs**, sugar, blueberry, vegetable oil, cocoa powder, coconut oil, honey, vanilla, sea salt, **milk**.
- c. Grab bag with 2-4 packaged items enclosed in one bag e.g., school trip. Each item will require its own label for ingredients, allowing these items that have been prepared before being offered for sale.

- d. It does not apply for finished packaged goods where the largest surface area is less than 10cm². Allergen information must always be available, however, in the normal fashion.
- e. **Question?** Kitchen stores labelling: currently as per example below - but will this be sufficient post PPDS?

Answer: For prepared products, e.g., sandwich fillings for use in PPDS products. There is no requirement for all products in storage to have their own full ingredient labelling (although you can do this). However, this information will be required to produce customer facing labels to meet with PPDS. Therefore, for fillings and other composite ingredients, that will be assembled and put into packaging for PPDS products, full and accurate ingredients will be required. This applies in the same way for non PPDS foods and drinks, i.e., to produce general allergen information that is made available for customers.

Colleagues in Wales, who choose to label in the Welsh language, will also need to list the ingredients in English.



3. Label standards (unchanged) & Link to the FSA Technical Guidance (June 2020)

- a) Font Sizes: A label that will be smaller than 80cm² must have a font size of at least “x” 0.9mm. Larger labels must use “x” 1.2mm. See also Fig 1. Below for “x”.
- b) Labelling must not be obscured in any way. If you do use a symbol for an allergy, this must always be accompanied by the written word.

c) Very least: Product name and use by date as well as all ingredients.



Legend

1	Ascender line
2	Cap line
3	Mean line
4	Baseline
5	Descender line
6	x-height
7	Font size

Food allergen labelling and information requirements Technical Guidance Published: June 2020

https://www.food.gov.uk/sites/default/files/media/document/fsa-food-allergen-labelling-and-information-requirements-technical-guidance_0.pdf



...Job done!

Tammy Harwood, Catering Manager at Swanmore College, has made a great start already on labelling her sandwiches and other PPDS at the school.

She says: “Having had a background in catering for many years, food safety has always been at the forefront of my catering philosophy.

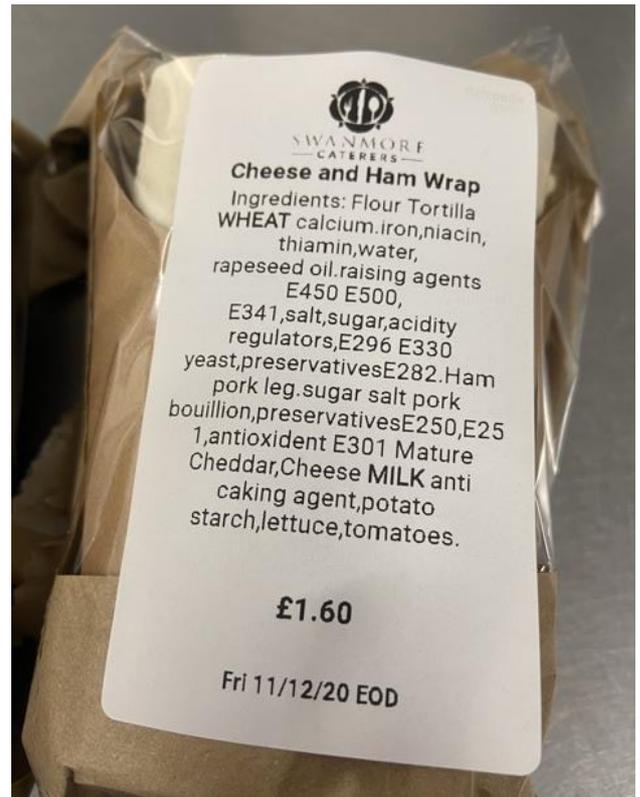
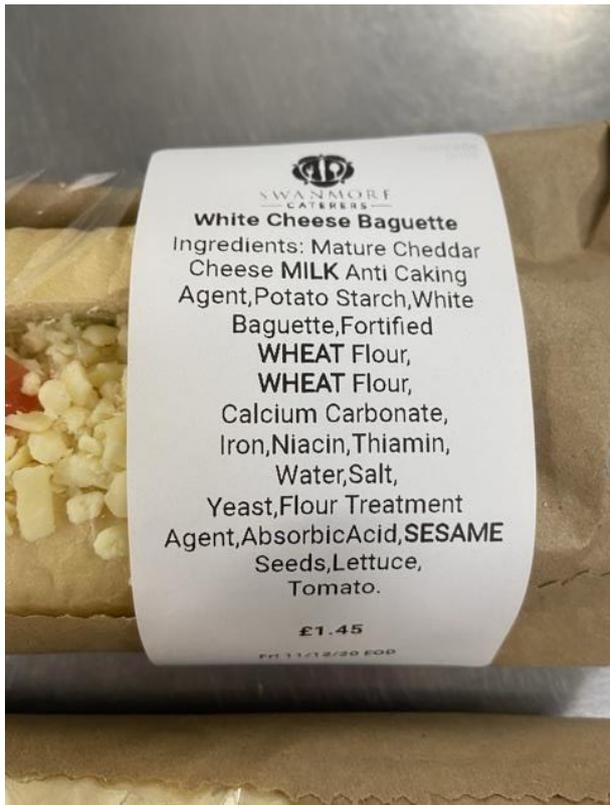
As responsible caterers we have integrated food allergen processes within our food safety procedures to complement this philosophy, and to bring awareness to all stakeholders within the school community.

I aim to provide clear guidance to all catering staff on their responsibilities for the provision of food to members of the school community, and visitors with a confirmed food allergy.

We are now moving forward with our strategy on food labelling of allergenic ingredients in prepacked foods to become **Natasha's Law** compliant as soon as possible.

My team and I believe this to be a duty of care in the catering industry, and we are very respectful of the procedures needed.

Here's what we have produced to date!"



Great work Tammy and Swanmore College!

TRAINING

All staff that work in and around consumables should have a basic induction and overview of allergens.

Then, dependent on their actual job descriptions they will need to be put through a structured training delivery to ensure they fully understand:

- The 14 top allergens and where they occur in the business
- The law
- Handling procedures, PPE and cross contamination
- Kitchen systems including HACCP and monitoring procedures
- The effects on people with allergies
- What anaphylaxis is, an auto adrenalin injector, coeliac disease etc
- Medical emergency and how to deal with it
- Communication methods with customers including PPDS.

Our experience of delivering training over several years has allowed us to recommend what type of training is best suited to businesses.

What you can do today, right now, is to log in and undertake the (free) newly revised (2020) Food Standards Agency allergen course, which includes information on PPDS and then roll this out across your entire workforce.



<https://allergytraining.food.gov.uk/>

For chefs and managers, the **Highfield Level Award 3 in Food Allergen Management for Caterers** course is best suited and a whole day is allowed to ensure all the content is delivered and understood.

For general staff **Highfield Level 2 Award in Food Allergen Awareness and Control in Catering (RQF)** course is best suited. This can be delivered over 5 hours.

For both these 'classrooms' of 10-20 work well.

One of the most acclaimed courses for allergen awareness for staff groups is the **Purple Allergen Plan** which has been designed to provide allergen training aimed at Level 2 standard. The course provides all the information required to understand the top 14 allergens and provides valuable information on how to integrate Allergen Management into the busy workplace.

On completion of a multiple-choice test, the attendees will appreciate the importance of good allergen management, will appreciate the risks of cross-contamination, and will have an overview of delivery, storage, food preparation and food service in relation to allergens.

This course has been accredited by Highfield and a recognised **Highfield e-certificate** will be issued.



As for group sizes a classroom of circa 20 candidates works for this course.

Both the Level 3 course AND Purple Allergen Plan are available online. This has worked extremely well for individuals or smaller groups who need to complete these courses but need to do it at home or at their place of work!

For more details on the above and training in general follow the link here:

<https://www.allergenaccreditation.co.uk/about-allergen-training/>

The more we learn... the better we cater!

EXTREMELY USEFUL LINKS

<p>Regulatory body and technical guidance</p>	 <p>Food Standards Agency food.gov.uk</p>	<p>https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses</p>
<p>Plain English fact sheets, training, and resources</p>	 <p>Anaphylaxis Campaign Supporting people at risk of severe allergies</p>	<p>https://www.allergywise.org.uk/</p>
<p>A mission to bring about positive change by focusing on law and policies</p>	 <p>Natasha Allergy Research Foundation</p>	<p>https://www.narf.org.uk/</p>
<p>Allergen and ingredient platform for recording and customer communications Free to use</p>	 <p>CaterCloud</p>	<p>https://www.catercloud.com/allergy/</p>
<p>Rules and regulations in Ireland</p>	 <p>Food Safety AUTHORITY OF IRELAND</p>	<p>https://www.fsai.ie/home.html</p>
<p>Award winning free from products</p>		<p>https://www.freefromfoodawards.co.uk/</p>

The Anaphylaxis Campaign provides essential help and assistance to those with severe allergies and their families.

Allergen Accreditation is a proud supporter of the Campaign!

By accessing their web site, you will find a host of useful information and be able to learn more about allergies, the support available, training and emergency procedures as well as some compelling videos that they have campaigned to fund in order to educate the widest possible audience.

What is anaphylaxis?

Anaphylaxis (pronounced ana-fill-ax-is) is a severe and potentially life-threatening allergic reaction affecting more than one body system such as the airways, heart, circulation, gut and skin. Symptoms can start within seconds or minutes of exposure to the food or substance you are allergic to and usually will progress rapidly. On rare occasions there may be a delay in the onset of a few hours.

And what are the causes of anaphylaxis?

The common causes of anaphylaxis include foods such as peanuts, tree nuts, milk, eggs, shellfish, fish, sesame seeds and kiwi fruit, although many other foods have been known to trigger anaphylaxis. Non-food causes include wasp or bee stings, natural latex (rubber), and certain drugs such as penicillin. In some people exercise can trigger a severe reaction – either on its own or in combination with other factors such as food or drugs (e.g., aspirin).



Remember when you design your menu...

Your allergen communications journey

The more information you provide, the better. Describe what your ingredients are and offer as many opportunities to customers as possible during their journey through your business: Clear Signage, Labelling, Table talkers, Merchandising display stickers/decals, Menu/dish descriptions and emphasis on any unexpected ingredients.

It's obvious to you every day, in your kitchen, but sometimes it's not so obvious for your customer!

Change to a traditional recipe?

"NEW RECIPE"

"Vegetable stew with no added salt,
seasoned with fresh celery"

Allergen: Contains CELERY (plus your other
allergen ingredients)

Use buttermilk?

"Tender chicken breast marinated in
buttermilk"

Allergen: Contains MILK (plus your other
allergen ingredients)

Artisan bakery? Recipe infusion?

"Rustic baguette with walnut oil"

Allergen: Contains WALNUT (plus your
other allergen ingredients)

Chef inspired gravy?

Added that square of butter for the essential
glaze?

"Butter Glazed Roast Gravy"

Allergen: Contains MILK (plus your other
allergen ingredients)

Recipe engineering?

Adding a spoonful of double cream to your soup?

"Stilton and Broccoli Soup with real fresh CREAM"

Allergen: Contains MILK (plus your other allergen
ingredients)

DIGITAL SUPPORT FOR ALLERGEN AND INGREDIENT MANAGEMENT

Getting tech savvy is an essential part of running a catering and hospitality business. And the bigger you are, or the more dishes and drinks you offer, the more likely you are to need to save all your recipe and allergen information on the computer!

What's the point of this?

- Centralising recipe and ingredient information that can be updated and changed on a software system allows for speedier access and to remain up to date. Therefore, it makes perfect sense.
- The business can demonstrate it has recorded all allergens and ingredients to be shown to a customer on request.
- With all the effort required to upload ingredient data this can also be used for recipes, methods, HACCP recording and publishing nutritional data. So, there are a lot more benefits to be achieved!
- Having a cloud-based system that generates QR codes means no costly re-prints of menus and customers can access up to the minute ingredient information - perfect when making dietary choices and great for front of house staff!

Here's how it works...

Find a compatible system for your needs...



Input your data - via upload from your supplier or manually.

The screenshot shows the CaterCloud web application interface. At the top, there is a navigation bar with "Home", "Ingredients", "Recipes/Dishes", "Menus", "Suppliers", and "Reports". The main content area is titled "Hi CaterBerry" and features six orange buttons for "Manage your Ingredients", "Manage your Suppliers", "Manage your Account", "Manage your Recipes", "Manage your Dishes", and "Manage your Menus". Below this is a "Notifications" section with a table of alerts. At the bottom, there are sections for "Recent Ingredients" and "Recent Recipes".

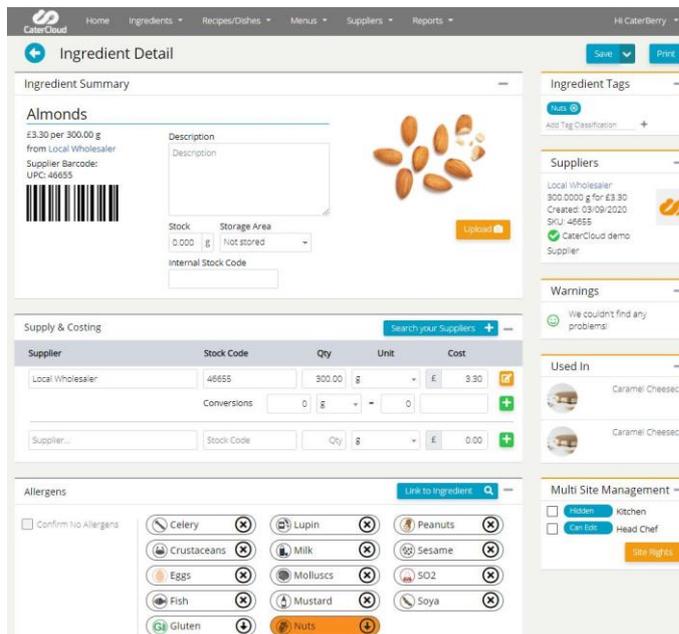
Name	Item	Type	Date	Action
No Allergens profiled	Borlotti Beans	Ingredient	20/11/20 13:43	Dismiss
Dish price margin too low	Apple Crumble	Dish	11/11/20 13:12	Dismiss
No Price profiled	Bread, White	Ingredient	19/10/20 16:35	Dismiss
No Price profiled	Aubergine	Ingredient	25/09/20 12:49	Dismiss
No Price profiled	Chicken Fillet	Ingredient	25/09/20 13:49	Dismiss

Name	Modified
Borlotti Beans	20/11/2020 13:43
Bread, White	09/11/2020 13:59

Name	Modified
Mashed Potato	20/11/2020 13:39
Dehydrated Sauce	20/11/2020 13:39

Build your recipe bank and highlight your allergens. Link your ingredients to verified curated data sets like McCance & Widdowson, if you also require nutritional information.

Here you can also upload costings, HACCP controls and cooking methods.

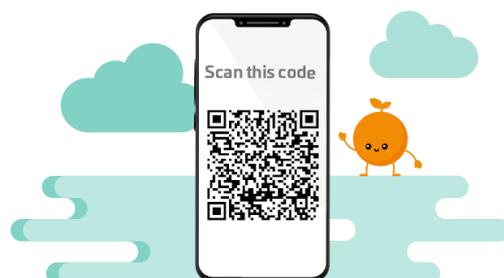


From this you can then produce meal, daily or weekly recipe cards or charts available for staff and inspections.

And, in the theme of PPDS - you can create your own stores and front of house labelling...



For your customers you can present menu, allergen, and ingredient information in print as well as ...



ONE MCPEAKE CHALLENGE 2021



Once again Allergen Accreditation will run the “#Onemcpeakechallenge” in 2021

Dates: 3rd September – 17th September 2021

To raise awareness of how difficult it is to live with a food hypersensitivity **Allergen Accreditation**, invites **chefs and caterers** (& those with an interest in food!) to eliminate one or more allergens from their diet for 2 weeks.

This will enable the volunteer to understand the daily issues that someone with allergies face. The challenge will highlight the problems going shopping and checking labels for allergens, cooking at home with other family members who do not have any restrictions in their diet and going out to eat at work, a restaurant or a bar, (And just going out for a drink!).

The challenge will help those within the catering industry to appreciate the problems that customers with food allergies face when eating out.

It will be a fund raiser and ALL proceeds will go to the **Natasha Allergy Research Foundation**

Keep an eye out on Twitter @AllergenAwareUK



The vision of the Natasha Allergy Research Foundation is to prevent and end allergic disease; it is also our mission to bring about positive change by focusing on law and policies, medical research and educating and raising allergy awareness. We want to ensure the needs of allergy sufferers are met in a meaningful way and to offer a real hope that will change the lives of all those living with this life-threatening disease.



Natasha Allergy Research Foundation

To donate click here: <https://narf.enthuse.com/pf/theonemcpeakechallenge2021>

Once you have donated please tell us what you get up to via Twitter. If you wish to support this campaign and just donate, that's great as well - thank you!

Note: This link is an official link direct to the Natasha Allergy Research Foundation



Food Allergen Customer Excellence

Did you know that you can get started with the Allergen Accreditation scheme for Self-Assessment stage for just £295.00 here?

<https://www.allergenaccreditation.co.uk/new-entry-level-accreditation/>



About Allergen Accreditation:

This is the UK and Ireland (the Statutory Instrument (S.I.) No. 489 of 2014-for Ireland) Professional Standard for all catering businesses for the safe management of food allergens. Any catering business can access our validated framework and apply to have their allergen systems and procedures evaluated and verified. The scheme covers the EU FIC (European Union Food Information for Consumers 1169/2011 Regulations), Full Allergen Disclosure and Food Allergen Customer Excellence. It is a contributing organisation to The Anaphylaxis Campaign.

Allergen Accreditation is the operational name of Food Service Allergen Management Limited

For Food Service & Licensed Businesses

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