

## Introduction

New legislation (across the European Union) came into force in December 2014 which requires us, as your school caterers, to provide information on 14 allergens on all food served by us in school.

## Food Allergy Notice



Notices (such as the one on the left) will be displayed in our dining room and any other service point where we provide food in school.

As well as us, Selby High School's Food 4 Thought having responsibilities under this new legislation, the consumer also has responsibilities such as:

- To inform Food 4 Thought staff of dietary requirements or allergies and intolerances and the severity of them.
- To read menus carefully to see if there is any mention of the food you react to in the name or description of the dish.
- To check what allergens are in a dish even if they have eaten it before

## Our Responsibilities – as your caterers

- We will ensure all our staff are aware of our policies and procedures when it comes to handling all requests for allergen information.
- It is our responsibility to know which allergenic ingredients are present in the food we sell.
- We will ensure the allergenic information is accessible to all our staff and that is kept up-to-date.
- We will provide a menu folder containing our recipes which highlight any allergens contained in each recipe we use.
- We will discuss allergen / food intolerance / dietary requirements with students and their parents/ carers / guardians.
- We will never refuse to provide a meal for anyone who has an allergen / food intolerance / dietary requirement.

## What is the difference between food allergy and food intolerance?

Many people think the terms food allergy and food intolerance mean the same thing but they are not. Food allergy occurs when the body's immune system mistakenly attacks a food protein. Allergic reactions to foods vary in severity and can be potentially fatal. Symptoms may include stomach upsets, rashes, eczema, itching of the skin or mouth, swelling of tissues (e.g. the lips or throat) or difficulty in breathing.

Food intolerance is simply the body's inability to digest a particular food, which is why it is important to be aware of common types of food intolerance such as lactose intolerance. Symptoms include abdominal cramps, bloating and diarrhoea.

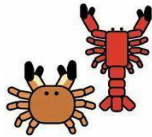
# The 14 Allergens



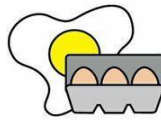
Celery  
and  
celeriac



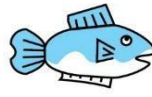
Cereals  
containing  
gluten



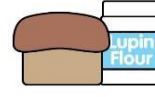
Crustaceans



Eggs



Fish



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame  
Seeds



Soya



Sulphur  
dioxide

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## Some Information on the 14 Allergens



### 1. Celery (and celeriac)

Allergy to celeriac (the celery root) is more common than to celery stick, although both can cause severe reactions. Symptoms vary from mild ones, such as oral allergy syndrome, to anaphylactic shock.

Celery and celeriac are a frequent cause of food allergy in some European countries but celery allergy is much rarer in the UK.

Food / products that contain or may contain celery include celery salt, vegetable juices containing celery, spice mixes, curry, soups, stews, sauces, processed meat products, sausages, salads e.g. Waldorf salad, vegetable salad, savoury snacks.



### 2. Cereals containing gluten

Gluten intolerance is caused by the body's inability to break down gluten, a protein in wheat and other grains.

Coeliac disease is a digestive condition caused by gluten intolerance. Those with Coeliac disease must eliminate gluten from their diet. Allergy to wheat and cereals containing gluten also occurs. Signs and symptoms are similar to other allergies, although it is more frequently seen as triggered by exercise. Gluten is an important allergen, but other proteins can also be involved.

Do not consume food and products derived from or containing wheat (all forms including durum, semolina), barley, rye, malt, couscous.



### **3 (&8). Shellfish & Molluscs**

Food allergy to shellfish is relatively common. Along with peanuts and tree nuts, shellfish are some of the most frequent triggers of anaphylactic reactions. Allergy to molluscs has been reported less frequently than allergy to shellfish

As shellfish and molluscs contain the same type of proteins some people may react to both food groups. Sufferers should not consume any food and products that contain crustaceans and molluscs and their derivatives

Shellfish include shrimps, prawns, crayfish and lobster.

Molluscs contain clams, cockles, mussels, octopus, snails, squid and scallops.



### **4. Eggs**

Egg allergy is a hypersensitivity to dietary substances from the yolk or whites of eggs, causing an overreaction of the immune system. Sufferers should not consume any food and products that contain egg and egg derivatives.

Food products that contain or may contain egg include meringue, mayonnaise, creamy sauces & salad dressings (e.g. tartare, hollandaise) baked goods, creamed filled desserts (e.g. some ice creams, custard).



### **5. Fish**

Finned fish can cause severe allergic reactions and is usually a life-long allergy.

Sufferers should not consume food and products that contain fish and fish derivatives. The most commonly studied fish with respect to allergy are cod, salmon and Tuna

Food / products that contain or may contain fish include ethnic foods (e.g. fried rice, paella, spring rolls), salad dressing and sauces (e.g. Worcestershire, soy, barbeque), seafood soups and broths, pizza, dips and relishes.



### **6. Lupin**

The lupin is well-known as a popular garden flower with its tall, colourful spikes. Allergy to lupin has been recognised for some time in mainland Europe, where lupin flour is used fairly commonly in food products. In the UK, cases of lupin allergy are less common because lupin is only rarely used in foods.



### **7. Milk**

A milk allergy is an adverse immune reaction to one or more of the constituents of milk from any animal. Sufferers should not consume any food and products that contain milk and milk derivatives

Food products that contain or may contain milk include milk (in all forms), milk powder, buttermilk, yoghurt, cream, ice cream, cheese, custards, pudding, food glazed with milk, margarine, whitener, chocolate, baked goods, instant / mashed potatoes



### **9. Mustard**

The symptoms of mustard allergy may come on rapidly, usually within minutes but sometimes up to two hours.

Food / products that contain or may contain mustard include sausages, processed meat products, roulade, spice mixes, soups, sauces, chutneys, delicatessen salad, some mayonnaise, barbeque sauce, ketchup, tomato sauce, piccalilli, pizza, salad dressings, Indian food including curries.



### **10. Nuts**

Nut allergy is a hypersensitivity to dietary substances from tree nuts causing an overreaction of the immune system which may lead to severe physical symptoms. Like those with peanut allergies, most individuals

who are diagnosed with an allergy to tree nuts tend to have a lifelong allergy.

Sufferers should not consume food and products that contain nuts and nut derivatives. Nuts include but are not limited to almonds, walnuts, pecan nuts, hazelnuts, Brazil nuts, cashews, pistachio nuts.

Food / products that contain or may contain nuts include marzipan, chocolate and chocolate spreads, ethnic and vegetarian dishes, salads and dressings, sauces (e.g. bbq, pesto), cereals, crackers, marinades and gravies.



### **11. Peanuts**

Peanut allergy is a hypersensitivity reaction to dietary substances from peanuts causing an overreaction of the immune system. It is a type of food allergy distinct from tree nut allergies.

Sufferers should not consume food and food products that contain peanuts and peanut derivatives. Food/ products that contain or may contain peanuts include peanut butter, ethnic foods (e.g. African, Asian, Mexican) vegetarian meat substitutes, sauces and dressings (e.g. chilli, pesto, gravy, enchilada and satay) baked goods, sweets and cereals (e.g. cake, pudding, cookies, cereal bar, nougat, marzipan), desserts, vegetarian products, pizza.



### **12. Sesame Seeds**

Sesame allergy is a hypersensitivity to dietary substances from sesame seeds causing an overreaction of the immune system.

Sufferers should not consume food and products that contain sesame and sesame derivatives.

Food / products that contain or may contain sesame include bread (e.g. burger buns, multi-grains), crackers, cereals, toast, dips and spread (e.g. hummus, chutney), ethnic foods (e.g. stews, stir fries), sesame oil, savoury products (e.g. dressings, gravies, marinades, soups).



### **13. Soya**

Soya allergy is a hypersensitivity to dietary substances from soy causing an overreaction of the immune system. Symptoms of soy allergy are typically mild, although anaphylaxis is possible.

Sufferers should not consume food and food products that contain soy and soy derivatives.

Foods / products that contain or may contain soya include soybean butter, soya milk, sauces (e.g. soy, teriyaki, Worcestershire), bread crumbs, cereals, crackers, vegetarian dishes, canned tuna, soups and broths.



### **14. Sulphur Dioxide**

Sulphur Dioxide can cause allergy-like symptoms in people with underlying asthma and allergic rhinitis. The most common reaction is wheezing, tight chest and cough, which can be severe and distressing.

Sufferers should not consume all food and products that contain sulphur dioxide derivatives.

Food / products that may contain sulphur dioxide include alcoholic and non-alcoholic drinks, bottle juices, canned, frozen and dried fruit and vegetables, cereals, condiments, potatoes, sugar syrups, tomato products (e.g. tomato paste, puree), vinegar.